

# Recreation Guide

**Fall  
2007**



**CHOOSE  
YOUR FUN!**



**“Early Bird” Special**

**Register for any Family or Adult Trip**

See page 22

**City of Rockville • Department of Recreation and Parks**

**[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)**

**Phone: 240-314-8620**

# Superintendent's Letter

## Welcome and Farewell!

Upon receipt of this Fall Recreation Guide, I will have retired from the City of Rockville Department of Recreation and Parks. I would especially like to thank you for your support and continued participation over the past 15 years. I hope your involvement has brought fun and pleasure to your family.



A special thanks to the professional staff that I have had the honor and opportunity to work with in the City. Our staff is committed to offering you and your family quality programs and makes every effort to meet the growing needs in serving our diverse community. We should all be proud of the great services the City is able to provide.

This guide is filled with great program offerings for families to participate in and spend time together. Browse through and "Get Up and Get Active."

Enjoy the Fall season and thanks again for making my stay in Rockville a memorable one.

Happy Trails!

Sincerely,

Superintendent of Recreation

## Recreation & Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.

**LARRY GIAMMO**, Mayor  
Councilmembers

**ROBERT E. DORSEY, SUSAN R. HOFFMANN**  
**PHYLLIS MARCUCCIO, ANNE M. ROBBINS**

**SCOTT ULLERY**, City Manager

**Burt Hall**, Director of Recreation and Parks

**Chuck Miller**, Acting Superintendent of Recreation

**Steve Mader**, Superintendent of Parks and Facilities

Individuals with disabilities are encouraged to register and participate in Rockville Recreation programs. To adequately plan for a successful and rewarding experience, please contact our office 240-314-8620 two weeks prior to the activity start date. Ample time is needed to secure supplementary auxiliary services and aides. For additional therapeutic program opportunities, please contact the Montgomery County Department of Recreation at 240-777-4925; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats; please contact the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

National Gold Medal Winner  
Rockville Recreation & Parks  
#1 In The Nation  
1994



# Table of Contents

## PRESCHOOL

Arts/Dance/Enrichment .....	4, 5
Fitness & Wellness.....	6
Sports & Leagues .....	6

## CHILDREN

Arts/Dance/Enrichment .....	7-10
Fitness & Wellness.....	11
Sports & Leagues .....	12-16

## FAMILY

Arts/Dance/Enrichment .....	22
Fitness & Wellness.....	22
Trips.....	22, 23

<b>CROYDON CREEK NATURE CENTER</b> .....	17, 24, 25
--	------------

## TEENS

Arts/Dance/Enrichment .....	18-20
Trips.....	20

## ADULTS

Arts/Dance/Enrichment .....	26-30
Fitness & Wellness.....	30-34
Sports & Leagues .....	35
Trips.....	36

## SENIORS

Arts & Enrichment .....	39-42
Computers .....	42-44
Fitness & Wellness.....	44-50
Sports & Leagues .....	50, 51
Trips.....	52

<b>AQUATICS</b> .....	53-60
-----------------------	-------

<b>CULTURAL ARTS</b> .....	61-63
----------------------------	-------

## HAPPENINGS

Antique & Classic Car Show .....	65
----------------------------------	----

Arts Sampler .....	62
Croydon Creek Nature Center .....	17, 24, 25
"Early Bird" Special – Trips .....	22
Fall Fest Community Health Fair.....	21
Fall Spooktacular .....	37
Fall Wine Tasting Social .....	33
Farmer's Market .....	66
Halloween Family Funfest .....	37
Haunted Happenings .....	37
Holiday Bazaar.....	39
Holiday Open House.....	21
Lincoln Park Community Recreation Center .....	14
Literary Conference .....	62
Music Festival & Cook-Off .....	Back Cover
Out to Lunch Wednesdays .....	66
Parties for Children .....	64
RedGate Golf Course.....	37
10K/5K Run.....	65
Senior Candidates Forum .....	40
Senior Dance Expo.....	52
Sister Cities .....	33, 36
Step Up to Health.....	20
The Finest.....	19
The Nutcracker .....	61
Twinbrook Community Recreation Center .....	17
Uncorked Wine Festival .....	Back Cover
Walk Rockville .....	35
Young Run.....	65

## GENERAL INFORMATION

Directions to Parks & Facilities.....	67, 68
Financial Assistance .....	60
Gift Certificates.....	3
Recreation Fund .....	69
Registration Form & Procedures .....	70, 71
Rockin' Rewards/Redeeming Points.....	60
Volunteer Opportunities .....	11
Weather Emergencies.....	3, 71
Welcome Kit for New Residents .....	55

## Frequently Called Numbers

Classes, Camps, Trips .....	240-314-8620
Cultural Arts Information Line .....	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center.....	240-314-5047
Civic Center: Glenview Mansion, Art Gallery .....	240-314-8660
F. Scott Fitzgerald Theatre .....	240-314-8690
Climbing Gym .....	240-314-8688
Croydon Creek Nature Center .....	240-314-8770
Lincoln Park Community Center .....	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals.....	240-314-8660
Rec Line.....	240-314-5023

Recreation and Parks Administration .....	240-314-8600
Recreation Programs .....	240-314-8620
RedGate Golf Course.....	240-314-8730
Rock Enroll.....	301-762-4284
Rockville Sk8 Park.....	240-314-8765
Senior Center.....	240-314-8800
Special Events Line.....	240-314-5022
Sports Line.....	240-314-5055
Swim Center.....	240-314-8750
TTY (City Hall) .....	240-314-8137
Twinbrook Comm. Rec. Ctr.....	240-314-8830
Web site.....	<a href="http://www.rockvillemd.gov/recreation">www.rockvillemd.gov/recreation</a>
FAX: Recreation Div.....	240-314-8659

## Weather/Emergencies

**LEAGUE PLAY:** Call the Sports Line, 240-314-5055. A decision will be made by 3 p.m.

**ACTIVITIES:** Call the Rec Line, 240-314-5023. Refer to page 63 for more information.

**SPECIAL EVENTS:** Call the Special Events Line, 240-314-5022. Cancellation policy varies with each event.

**SWIM CENTER:** Call 240-314-8750. In the event of school cancellation, there will be no day classes.



# Preschool

## Arts/Dance/Enrichment

### Discovery Preschool Programs

#### Montrose Community Ctr.

Children participate in music, pretend centers, cultural activities, arts and crafts, and outdoor play. Must be toilet trained and not yet enrolled in Kindergarten. Experienced staff develop programs appropriate for preschool children, designed to focus on social and academic skills necessary for Kindergarten while promoting self-confidence and individual expression. No program on: 9/3, 9/13, 11/6, 11/22, 11/23, 12/24, 12/25, 1/1, 1/21, 1/22, 2/18, 3/4, 3/21, 3/24, 5/26. Note: Program begins on 8/27/2007. Last day of program is 6/6/2008. Registration Fee \$75. Fees charged on a monthly basis. First payment is due by 8/17.

Age: 3-5

22541	M-F	Aug 27-Jun 6	9 am-12:30 pm	\$4455/\$5123
22542	M-F	Aug 27-Jun 6	9 am-3 pm	\$6000/\$6900

#### Twinbrook Community Recreation Ctr.

Full day care with music, pretend centers, cultural activities, arts and crafts, and outdoor play. Must be toilet trained and not enrolled yet in Kindergarten. Experienced staff develop programs appropriate for preschool children, designed to promote self-confidence, individual expression and cognitive development. Snacks served. No programs on: 7/4, 8/23, 8/24, 9/3, 9/13, 11/22, 11/23, 12/24, 12/25, 1/1, 1/21, 1/22, 2/18, 3/4, 3/21, 3/24, 5/26. Note: Last day is 6/26, 2008. Registration fee \$75. Fees charged on a monthly basis. First payment is due by 8/17 for children beginning 8/27. For additional information, call 240-314-8637.

Age: 3-5

22545	M-F	Jul 2-Jun 26	7:30 am-6 pm	\$8289/\$9986
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#### Abrakadoodle Mini Doodlers

Get in on the fun! Little ones enjoy exploring and creating art using a variety of media and tools while learning about famous artists past and present. Children experiment with paints, modeling compounds, pastels and more using high quality artists' supplies. Most of the children's artwork will go home framed and ready to display! \$35 nonrefundable material fee due to instructor at first class.

Age: 3-5

22838	Sa	Sep 29-Nov 3	11 am-11:40 am	\$48/\$58
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Location: King Farm Com. Rm/Holland-Chatman

#### Abrakadoodle Twoosy Doodlers

A special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is an 'I can do it!' class that is fun and creative. Each session has new activities and Moms and helpers get to play too. \$35 nonrefundable material fee due to instructor at first class.

Age: 20-36 mo

22638	Sa	Sep 29-Nov 3	10 am-10:40 am	\$48/\$58
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Location: King Farm Com. Rm/Holland-Chatman

#### Creative Movement ♥

An introduction to dance emphasizing locomotor movements, spatial awareness, music appreciation and appropriate classroom behavior through a variety of movement activities and music styles. Note: Wear loose fitting clothes or leotard and tights, and dance slippers or dance in barefeet.

Age: 3-5

22673	M	Sep 17-Nov 5	10 am-10:45 am	\$69/\$81
22674	M	Sep 17-Nov 5	10:45 am-11:30 am	\$69/\$81
22675	Th	Sep 20-Nov 8	4:15 pm-5 pm	\$69/\$81
22676	Th	Sep 20-Nov 8	5 pm-5:45 pm	\$69/\$81

Location: Twinbrook CRC/Meetze

“My girls absolutely LOVE this class!”

Parent of Creative Movement participants

Fee = Resident/Non-Resident

# Preschool

## Music Together - Adult/Child (TM)

Music Together (TM) believes that all children have an innate ability to learn music as language. Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play with parents and caregivers. Fee includes a CD, cassette, songbook, and education materials. Cost of materials is non-refundable. Siblings 8 months and under attend free (no registration). Must fax, mail, or drop off registration for siblings 8 months and older to receive sibling discount. Sibling fee is \$105. No class 11/21, 22, 23.

Age: Newborn -5 yr

22685	W	Sep 19-Nov 28	9:30 am-10:15 am	\$150/\$175
22686	W	Sep 19-Nov 28	10:30 am-11:15 am	\$150/\$175
22687	Th	Sep 20-Nov 29	9:30 am-10:15 am	\$150/\$175
22688	Th	Sep 20-Nov 29	10:30 am-11:15 am	\$150/\$175

Location: Elwood Smith RC/Winkler

22689	F	Sep 21-Nov 30	10 am-10:45 am	\$150/\$175
22690	F	Sep 21-Nov 30	11 am-11:45 am	\$150/\$175

Location: Kicks Karate/Winkler

## Sing, Dance, Act for Pre-Schoolers ♥

Students will explore musical theatre and learn songs and dances from popular Disney and Broadway shows.

Age: 3-4

22907	M	Sep 24-Nov 26	9 am-9:45 am	\$99/\$110
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Age: 4-5

22908	M	Sep 18-Nov 26	10 am-10:45 am	\$99/\$110
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Location: Musical Theater Center/Roberts

## Tiny Hand Crafts - Adult/Child

Come and see what tiny hands can do! This hands-on class encourages children to be creative, get messy and have fun with paint, glue, glitter, foam, fabric, wood items and more. Kids will make at least 2 projects per class...most of them keepers! Note: Bring a smock. \$20 material fee payable to instructor. Adult participation required.

Age: 2-6

22706	Th	Sep 27-Nov 1	10 am-10:45 am	\$42/\$49
22707	Th	Sep 27-Nov 1	11 am-11:45 am	\$42/\$49

Location: Twinbrook CRC/Dion

## Pre-Ballet ♥

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Note: Loose-fitting clothing or leotards and tights and ballet shoes are recommended but are not required. No tutus.

No class 9/22

Age: 3-4

22700	Sa	Sep 15-Oct 27	9 am-9:45 am	\$46/\$54
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Location: Rockcrest Ballet Ctr./Chongpinitchai

No class 10/27

Age: 3-4

22694	Sa	Sep 29-Nov 17	10 am-10:45 am	\$53/\$63
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Location: Twinbrook CRC/Mullan

No class 11/10

Age: 3-4

22695	Sa	Sep 29-Nov 17	10:15 am-11 am	\$53/\$63
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Location: Rockville Sr. Ctr./Mattos

No class 10/27

Age: 3-4

22697	Sa	Sep 29-Nov 17	11 am-11:45 am	\$53/\$63
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Location: Twinbrook CRC/Mullan

No class 9/22

Age: 3-4

22698	Sa	Sep 15-Oct 27	11 am-11:45 am	\$46/\$54
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Location: Rockcrest Ballet Ctr./Chongpinitchai

No class 9/22

Age: 4-5

22699	Sa	Sep 15-Oct 27	10 am-10:45 am	\$46/\$54
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Location: Rockcrest Ballet Ctr./Chongpinitchai

No class 11/10

Age: 4-5

22696	Sa	Sep 29-Nov 17	11:05 am-11:50 am	\$53/\$63
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Location: Rockville Sr. Ctr./Mattos

## Pre-Ballet Dansez Dansez ♥

Classes are taught in French (translated in English). Basic steps broken down into small components so students can understand how to execute them and gain the physical, emotional, and aesthetic benefits. Children expected to develop poise, self-confidence, good posture, coordination, and balance. Proper ballet attire and shoes required.

Age: 2-3

22701	M	Sep 17-Nov 5	3:30 pm-4 pm	\$72/\$84
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Age: 3-4

22702	M	Sep 17-Nov 5	4:15 pm-5 pm	\$89/\$105
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Location: Twinbrook CRC/Philippe

# Preschool

## Fitness & Wellness



### Bugs@TheLittleGym - Adult/Child ♥

Motor skills development made fun! Enjoy music, rhythm, and a variety of physical exercises. Meet other parents and caregivers. Adult participation required. Fee includes annual membership (\$40 value) and 2 classes a week for the price of one. Class held on 10/19.

Age: 4-10 mo  
 22744 M & F Sep 14-Nov 19 \$170/\$199  
 M 12:30-1:15 pm  
 F 12-12:45 pm

Location: The Little Gym/TBA



### Funfit Tots - Adult/Child ♥

Find out just how much fun fitness can be when you use balls, hoops, parachutes, musical instruments and more. Spend quality time with your youngster. Note: \$10 material fee due to instructor. One adult must attend with child(ren), who must be walking. \$20 material fee for two or more children attending.

No class 11/6

Age: 1-2  
 22760 Tu Sep 25-Dec 6 9:30 am-10:15 am \$83/\$97

Age: 18 mo-4 yr  
 22761 Tu Sep 25-Dec 6 10:15 am-11 am \$83/\$97

Age: 2-3  
 23075 Tu Sep 25-Dec 6 11 am-11:45 am \$83/\$97  
 Location: Twinbrook CRC/Kibler-Funfit

### Little Ninjas ♥

Introduce your child to Karate, taught by Tae Kwon Do teachers. Each class will begin with stretches followed by exercises and fun games that will help children learn the basics while improving their strength, flexibility, and coordination. Class held on 10/19.

Age: 3-6  
 22773 F Sep 28-Nov 16 4:15 pm-5 pm \$44/\$52  
 Location: World Karate Masters/Latchinian

### Tumble Tykes ♥

Child will learn basic tumbling skills and experience group interaction in a fun, active environment. Emphasis will be placed on coordination, flexibility and strength.

Note: If waiting list reaches 6, a second instructor may be added to accommodate wait listed children.

Age: 3-4  
 22813 W Sep 19-Oct 24 11 am-11:45 am \$58/\$65  
 Location: Xtreme Acro and Cheer/Buell-Size

## Sports & Leagues

### Petite Soccer ♥

Enjoy a fun introduction to the world of soccer through exposure to exciting and stimulating physical activities taught by UK Elite's professional coaching staff. Learn to develop motor skills, better coordination and social skills. Note: Bring a water bottle to class.

Age: 3-4  
 22774 W Sep 12-Oct 17 4 pm-5 pm \$78/\$92  
 22775 W Sep 12-Oct 17 5 pm-6 pm \$78/\$92  
 Location: King Farm Park/Fletcher





# Children

A Message to Parents...We require, for most programs, that children involved be the required age as of the date of the first class. All age requirements are set to benefit the child and make instruction more consistent for the program instructor. In some instances, the requirements have been set for the child's safety. Note: Registration by Internet or phone will be accepted if the child is the appropriate age at the time of registration. If your child does not meet the age requirements by the start of class, please register by Fax, mail-in or in person. Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

## Arts/Dance/Enrichment

### Before School Care



#### Early Risers Club

This morning program gives children a chance to get to school early and parents the opportunity to get to work on time. Staff will be available to provide informal recreation activities. Children will also have time to complete homework assignments, eat breakfast, or prepare for their day at school. First half of Session One payment-due with registration and paid in full by 8/20. First half of Session Two payment due by 9/10 and paid in full by 9/28. First half of Session Three payment due by 10/15 and paid in full by 11/12. \$10 late fee.

No program 9/3, 9/13, 11/22 & 11/23

Age: 5-10

22556	M-F	Aug 27-Oct 5	7 am-8:45 am	\$300/\$347
22558	M-F	Oct 8-Nov 16	7 am-8:45 am	\$300/\$347
22560	M-F	Nov 19-Dec 21	7 am-8:45 am	\$250/\$289

Location: Fallsmead ES

### After School Adventure

The after school program is designed to provide children with a safe and fun environment. Children will have an opportunity to participate in the computer lab, crafts, organized games, basketball, ping-pong, and other enrichment activities. Themes for the fall sessions are Back to School Fun, Fall Fun and Time to Learn. Transportation provided from Meadow Hall ES and Twinbrook ES. Participants must purchase a TCRC Annual Membership.

Age: 5-12

23002	M-F	Aug 27-Oct 5	3 pm-6 pm	\$110/\$130
23003	M-F	Oct 8-Nov 16	3 pm-6 pm	\$110/\$130
23004	M-F	Nov 19-Dec 21	3 pm-6 pm	\$110/\$130

Location: Twinbrook CRC

## Afterschool Enrichment Clubs

### Fitness, Friends & Fun

Fit is in. . . and so is having fun while making friends. Start off the school year getting to know your classmates & promoting a healthy lifestyle through active games, aerobics, walking and healthy eating. Each day provides time for homework, a snack, and activities of choice. First half of payment due with registration and paid in full by 8/20. \$10 late fee. 15% sibling discount.

No program 9/3 & 9/13

Age: 5-10

22551	M-F	Aug 27-Oct 5	3:05 pm-6:30 pm	\$578/\$674
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Location: Fallsmead ES

### Nature & the Outdoors

Autumn and harvest are all a part of learning about the local environment and the many wonders of nature and wildlife. Nature games /crafts, and apple picking add to this session of learning. Each day provides time for homework, a snack and activities of choice. First half of payment is due by 9/10 and paid in full by 9/28. \$10 late fee. 15% sibling discount. Full day (9 am-6 pm) program on 10/19 and 11/1.

Age: 5-10

22553	M-F	Oct 8-Nov 16	3:05 pm-6:30 pm	\$640/\$740
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Location: Fallsmead ES

### Our World of Color & Culture

The diversity of our community makes us special. This session will be spent learning about the cultural likes & differences of our school community & other cultures from around the world. Each day provides time for homework, a snack, & activities of choice. First half of payment due by October 15 and paid in full by November 12. \$10 Late Fee. 15% sibling discount.

No program 9/3 & 9/13

Age: 5-10

22555	M-F	Nov 19-Dec 21	3:05 pm-6:30 pm	\$481/\$561
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Location: Fallsmead ES

# Children

## Ballet for Children ♥

Learn the art of Ballet through an elementary but professional approach. Children should register for appropriate level but may be changed at instructor's discretion. Solid color leotard and ballet shoes recommended but not required. Children should remain in Beginning Ballet for two years, then move to Intermediate for four years before progressing to Advanced Ballet. Students with demonstrated proficiency are encouraged to perform with Rockville Civic Ballet. Those previously enrolled at the Rockcrest Ballet Center should register for the same class. If a participant registers for two or more classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Section for more classes.

### Young Beginner Ballet

Designed for Beginners with a slightly less structured approach.

No class 9/22

Age: 5-7

22654 Sa Sep 15-Oct 27 12 pm-1 pm \$46/\$54

Location: Rockcrest Ballet Ctr./Chongpinitchai

### Young Beginner Ballet

Designed for Beginners with a slightly less structured approach.

No class 11/10

Age: 5-6

22655 Sa Sep 29-Nov 17 12 pm-1 pm \$53/\$63

Location: Rockville Sr. Ctr./Mattos

### Beginner Ballet

Beginners, In Grades K-6. No class 11/26

Age: 5-13

22644 M Sep 24-Dec 3 3:45 pm-4:45 pm \$75/\$89

Location: Rockcrest Ballet Ctr./Mangan

### Beginner Ballet

Beginners, In Grades K-6. No class 11/23 & 11/30

Age: 5-13

22651 F Sep 28-Dec 7 3:45 pm-4:45 pm \$68/\$79

Location: Rockcrest Ballet Ctr./Mangan

### Beginner Plus Ballet

Beginners, Ages 6-12. No class 11/23 & 11/30

Age: 6-12

22653 F Sep 28-Dec 7 5:45 pm-6:45 pm \$68/\$79

Location: Rockcrest Ballet Ctr./Mangan

### Intermediate I

Children who have successfully completed the Beginner level.

No class 11/26

Age: 7+

22645 M Sep 24-Dec 3 4:45 pm-5:45 pm \$75/\$89

Location: Rockcrest Ballet Ctr./Mangan

### Intermediate I & II

Children who have successfully completed the Beginner level.

No class 11/28

Age: 7+

22648 W Sep 26-Dec 5 3:45 pm-4:45 pm \$75/\$89

Location: Rockcrest Ballet Ctr./Mangan

### Intermediate II & III

Children who have successfully completed Intermediate II.

No class 11/27

Age: 8+

22646 Tu Sep 25-Dec 4 4:15 pm-5:15 pm \$75/\$89

Location: Rockcrest Ballet Ctr./Mangan

### Intermediate III & IV

Preparation for Pointe. Geared to twice per week students.

No class 11/28

Age: 7+

22649 W Sep 26-Dec 5 4:45 pm-5:45 pm \$75/\$89

Location: Rockcrest Ballet Ctr./Mangan

### Intermediate III & IV

Preparation for Pointe geared for twice per week students.

No class 11/23 & 11/30

Age: 10-14

22652 F Sep 28-Dec 7 4:45 pm-5:45 pm \$68/\$79

Location: Rockcrest Ballet Ctr./Mangan

### Advanced Ballet & Pointe

Advanced young teens w/ pointe. No class 11/27

Age: 12+

22647 Tu Sep 25-Dec 4 5:15 pm-6:15 pm \$75/\$89

Location: Rockcrest Ballet Ctr./Mangan

### Advanced Young Teens & Pointe

For young teens. No class 11/22 & 11/29

Age: 12+

22650 Th Sep 27-Dec 6 5:15 pm-6:15 pm \$68/\$79

Location: Rockcrest Ballet Ctr./Mangan

Fee = Resident/Non-Resident



# Children

## Book Arts

Create a cooperative story together and illustrate and bind it into a real book. Make marbled paper, cool stationary, an 'un-ruly,' and a joke book using Japanese-style stab binding. All materials included in fee. Parents may register for #23083 and join in and create projects along with their child.

Grade: 1-3  
22939 Tu Sep 25-Nov 13 4 pm-5:15 pm \$49/\$58  
Age: 18+ (for parents)  
23083 Tu Sep 25-Nov 13 4 pm-5:15 pm \$12/\$14  
Location: Beall ES/Harrison

## Cartooning

Learn a variety of techniques to draw the head and figure by exaggerating the main features. Students will be encouraged to stretch their 'drawing muscles' while expanding on cartoon concepts. Note: \$12 supply fee payable to instructor at first class.

Age: 7-10  
22666 F Sep 28-Nov 16 5:30 pm-6:45 pm \$89/\$105  
Location: King Farm Com. Rm/TBA

## Chess

A fun game for all ages. Studies have found that chess will benefit children both academically and socially. Emphasis on basic principles, visual and tactical skills development, score sheet notation, and checkmate positions. Instructor is a trainer for school champions in Maryland. Note: Chess boards and sets provided for class.

Age: 6-10  
**Beginner**  
22667 Th Sep 20-Nov 8 4 pm-5:15 pm \$69/\$79

**Continuing**  
22668 Th Sep 20-Nov 8 5:15 pm-6:30 pm \$69/\$79  
Location: Lakewood ES/Del Mundo

## Sing Dance Act - Musical Theater Intro. ♥

Explore acting exercises and movement for musical theater and singing. Learn songs and dances to popular Broadway and Disney music.

No class 11/24  
Grade: 1-2  
22703 Sa Sep 29-Dec 8 10 am-10:55 am \$99/\$115  
Grade: 3-4  
22704 Sa Sep 29-Dec 8 11 am-11:55 am \$99/\$115  
Location: Musical Theater Center/Friedger



## Meet Maureen Morales!

Maureen has been with the City of Rockville Department of Recreation and Parks as Director of our Twinbrook Discovery Preschool Program since September, 2002. A native of Trinidad and Tobago, she is the mother of seven children, with one son living in Maryland. Maureen received the majority of her educational training in Trinidad and has taught children from preschool age through high school for over 50 years!

Living in the U.S. since the early 1990's, it was an exciting time in her life when she obtained her U.S. citizenship in 2005. She loves learning and is currently taking classes at University of Maryland. Being trilingual in Spanish, French and English makes learning enjoyable for her. In fact, Spanish (along with other languages of the children) is part of the curriculum at Twinbrook Discovery.

Maureen is a committed employee and the first to greet the children in the morning. She loves to cook so if you should visit the Twinbrook Discovery program, don't be surprised if you're greeted by sweet aromas from the kitchen, along with a warm welcome from her, the staff and children. There is no doubt that she loves children and treats them as her own. As each child graduates from Twinbrook Discovery and moves on to Kindergarten, they take a part of "Ms. Maureen" with them.

We thank Maureen Morales for her dedicated service to the City of Rockville Department of Recreation and Parks and the families at Twinbrook Discovery!

# Children

## Kidz “Beach Bag” Club

What a way to say farewell to summer! While the weather is still warm, at Kidz Club we will spend the last days of the summer season by highlighting fun beach days! Join friends for water games, beach-themed activities and crafts. Other time spent getting a head start on homework, playing board games, doing indoor and outdoor fitness activities, and generally having fun! Small snacks served. Note: When schools are closed for children, there will be no Kidz Club. If registering online, please stop by City Hall to pick up a Kidz Club packet of forms needed on the first day of the Kidz Club session, or call 240-314-8633 to request one be mailed.

No program 9/3, 9/13

Age: 5-11

### Beall E.S.

23122 M-F Aug 27-Sep 28 3:05 pm-6 pm \$190/\$95

### Maryvale E.S.

23123 M-F Aug 27-Sep 28 3:30 pm-6 pm \$190/\$95

### Twinbrook E.S.

23124 M-F Aug 27-Sep 28 3:30 pm-6 pm \$190/\$95

## Kidz “Geo-Shapes and Color” Club

Geometric shapes are found everywhere in our daily lives. Color sets tones and moods. Come explore the world of geo-shapes and color with your Kidz Club friends. Crafts and other creative activities will spotlight color and shapes. Other time spent getting a head start on homework, playing board games, doing indoor and outdoor fitness activities, and generally having fun! Small snacks served. Note: When schools are closed for children, there will be no Kidz Club. If registering online, please stop by City Hall to pick up a Kidz Club packet of forms needed on the first day of the Kidz Club session, or call 240-314-8633 to request one be mailed.

No program 10/19, 11/1

Age: 5-11

### Beall E.S.

23125 M-F Oct 1-Nov 2 3:05 pm-6 pm \$190/\$95

### Maryvale E.S.

23126 M-F Oct 1-Nov 2 3:30 pm-6 pm \$190/\$95

### Twinbrook E.S.

23127 M-F Oct 1-Nov 2 3:30 pm-6 pm \$190/\$95

## Kidz “Who’s Who” Club

Who’s who at Kidz Club? Get to know all the Kidz Club participants better. What are your favorite colors? Favorite cartoons? Favorite foods? Favorite places? Share personal likes and dislikes that make you ‘who’ you are! Activities include ‘show and tell’ time, picture sharing time, and similar ‘get to know me’ projects. Other time spent getting a head start on homework, playing board games, doing indoor and outdoor fitness activities, and generally having fun! Small snacks served. Note: When schools are closed for children, there will be no Kidz Club. If registering online, please stop by City Hall to pick up a Kidz Club packet of forms needed on the first day of the Kidz Club session, or call 240-314-8633 to request one be mailed.

No program 11/22, 23

Age: 5-11

### Beall E.S.

23128 M-F Nov 5-Dec 21 3:05 pm-6 pm \$190/\$95

### Maryvale E.S.

23129 M-F Nov 5-Dec 21 3:30 pm-6 pm \$190/\$95

### Twinbrook E.S.

23130 M-F Nov 5-Dec 21 3:30 pm-6 pm \$190/\$95



“My son attended Kidz Club for several years. I want to thank you and the staff for providing such a great atmosphere for kids at such an affordable price. He has made many friends and will have great memories for years to come.”

Laura Moore -  
parent of Maryvale Kidz Club Participant

## Fitness & Wellness

### Karate - Tang Soo Do Youth ♥

Give your child the gift of confidence! Program is designed specifically for beginners only and can help your child improve self-discipline, develop better concentration and improve school grades. Note: Fee includes uniform.

Age: 4-6  
22767 M & W Sep 24-Oct 24 4:50 pm-5:20 pm \$85/\$100

Age: 4-6  
22768 Tu & Th Sep 25-Oct 25 6:10 pm-6:40 pm \$85/\$100

Age: 7-12  
22770 Tu & Th Sep 25-Oct 25 6:40 pm-7:30 pm \$85/\$100

Age: 7-12  
22769 M & W Sep 24-Oct 24 4 pm-4:50 pm \$95/\$112  
Location: Kicks Karate/TBA

### Karate Kids ♥

Learn the fundamentals of Tae Kwon Do, including a variety of basic kicks, blocks and punches. The martial artist's attitude of discipline, respect and self-control is stressed. Wear loose, comfortable clothes.

Grade: 1-7  
22771 W Sep 26-Nov 14 4 pm-5 pm \$44/\$52  
Location: World Karate Masters/Latchinian



## VOLUNTEERS ARE PRICELESS

There are many  
**VOLUNTEER OPPORTUNITIES**  
throughout the City of Rockville for  
individuals who qualify.

### See where you can make a difference!

For more information, call 240-314-8620  
or visit our website @  
[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)

## Children

### Tumbling and Tramp ♥

Participants learn basic tumbling skills such as forward and backward rolls, handstands, cartwheels, round-offs, walkovers and back handsprings, if ready. Emphasis will be placed on coordination, flexibility and strength. USA Gymnastics trampoline levels 1-4 will be taught.

Note: If waiting list reaches 8, a second instructor may be added to accommodate wait listed children.

Class will be held on 10/19

Age: 4-6  
22816 F Sep 21-Oct 26 4 pm-5 pm \$58/\$65

Age: 6-12  
22815 F Sep 21-Oct 26 5:15 pm-6:15 pm \$58/\$65  
Location: Xtreme Acro and Cheer/Buell-Size



## BABYSITTING SKILLS WORKSHOP

**Terrific program for Preteens  
interested in being a Mother's  
Helper or Aide.**

Responsibilities of a good sitter, first-aid information, toy safety, characteristics of different age groups, and specific care needed for infants will be taught.

**Fri., September 14 & 28  
6-8:15 pm**

**Rockville Senior Center  
\$38 residents; \$44 nonresidents  
Course #23439 (ages 11+)**



# Children

## Sports & Leagues

### Basketball - Boys/Girls ♥

This exciting winter sport provides opportunities for boys and girls to participate and compete in an organized basketball league. Special playing rules will be in effect for all levels. Participants learn elementary and advanced basketball skills in an atmosphere of fair play and good sportsmanship. All registrants, including participants from 2007 program are required to sign up by the October 18 deadline. All registered participants will be contacted by a volunteer coach regarding team practices and other 2007-08 team information. Practices may begin the week of 11/26. Times and locations for league games are tentative and subject to change. Participants must reside or attend a school within Rockville corporate limits.

#### Girls Pee Wees

Girls born 9/1/1997-12/31/1998

Age: 9-10

22948 Sa Jan 5-Mar 15 9 am-6 pm \$59/\$69

Location: Lakewood ES

#### Boys Pee Wees

Boys born 9/1/1997-12/31/1998

Age: 9-10

22959 Sa Jan 5-Mar 15 9 am-5 pm \$59/\$69

Location: Broome Gym

#### Girls Bantams

Girls born 9/1/1996-12/31/1997

Age: 10-11

22949 Sa Jan 5-Mar 15 9 am-6 pm \$59/\$69

Location: Lakewood ES

#### Boys Bantams

Boys born 9/1/1996-12/31/1997

Age: 10-11

22965 Sa Jan 5-Mar 15 9 am-5 pm \$59/\$69

Location: Broome Gym

#### Girls Midgets

Girls born 9/1/1995-12/31/1996

Age: 11-12

22950 Sa Jan 5-Mar 15 9 am-6 pm \$59/\$69

Location: Twinbrook CRC

#### Boys Midgets

Boys born 9/1/1995-12/31/1996

Age: 11-12

22961 Sa Jan 5-Mar 15 9 am-5 pm \$59/\$69

Location: Robert Frost MS

#### Girls Juniors

Girls born 9/1/1994-12/31/1995

Age: 12-13

22951 Sa Jan 5-Mar 15 9 am-6 pm \$59/\$69

Location: Twinbrook CRC

#### Boys Juniors

Boys born 9/1/1994-12/31/1995

Age: 12-13

22960 Su Jan 6-Mar 2 12 pm-6 pm \$59/\$69

Location: Broome Gym

#### Girls Intermediates

Girls born 9/1/1993-12/31/1994

Age: 13-14

22954 Sa Jan 5-Mar 15 9 am-6 pm \$59/\$69

Location: Julius West MS

#### Boys Intermediates

Boys born 9/1/1993-12/31/1994

Age: 13-14

22962 Su Jan 6-Mar 16 12 pm-6 pm \$62/\$72

Location: Twinbrook CRC

#### Girls Associates

Girls born 9/1/1992-12/31/1993

Age: 14-15

22955 Sa Jan 5-Mar 15 9 am-6 pm \$62/\$72

Location: Julius West MS

#### Boys Associates

Boys born 9/1/1992-12/31/1993

Age: 14-16

22963 Su Jan 6-Mar 16 12 pm-6 pm \$62/\$72

Location: Twinbrook CRC

#### Boys Seniors

Boys born 9/1/1991-12/31/1992

Age: 14-16

22964 Su Jan 6-Mar 16 12 pm-6 pm \$62/\$72

Location: Rockville High School

Fee = Resident/Non-Resident

# Children

## Mighty Mites Basketball League ♥

Program emphasizes learning, developing basic skills and having fun. Second graders play in a division with baskets modified to 8 feet 6 inches. Third graders baskets will be the standard height. Register by: 10/18

### Boys - Grade 2

Born 9/1/99 - 8/31/2000

Age: 7-8

22942 Sa Jan 5-Feb 23 9 am-5 pm \$53/\$63

Location: Lincoln/Israel Pk. CC

### Girls - Grade 2

Born 9/1/99 - 8/31/2000

Age: 7-8

22943 Sa Jan 5-Feb 23 9 am-5 pm \$53/\$63

Location: Lincoln/Israel Pk. CC

### Boys - Grade 3

Born 9/1/98 - 8/31/1999

Age: 8-9

22944 Sa Jan 5-Feb 23 9 am-5 pm \$53/\$63

Location: Beall ES

### Girls - Grade 3

Born 9/1/98 - 8/31/1999

Age: 8-9

22945 Sa Jan 5-Feb 23 9 am-5 pm \$53/\$63

Location: Beall ES

## Basketball Skills - Co-Ed ♥

Gain confidence as you learn fundamental basketball skills and rules. Learn proper techniques and control as you execute skills through a variety of drills and exposure to game-like situations, depending on skill level of participants.

No class 11/1

Age: 7-9

22740 Th Sep 20-Nov 15 4 pm-4:50 pm \$58/\$68

Age: 10-12

22741 Th Sep 20-Nov 15 5 pm-5:50 pm \$58/\$68

Location: Lakewood ES/Jordan

## Basketball Skills - Girls ♥

Learn basketball fundamentals: dribbling, passing, shooting and game rules. Team play and sportsmanship emphasized. Scrimmages will be played as student's skills progress.



No class 11/1

Age: 8-10

22742 Th Sep 20-Nov 15 6 pm-6:50 pm \$58/\$68

Location: Lakewood ES/Jordan

## Lacrosse for Girls ♥

Beginner to intermediate skills levels will be taught in a fun way as well as offensive and defensive team strategies. Players will be divided into groups based on their age/skill level and experience. Players are required to have a women's lacrosse stick, goggles and a colored mouth guard to participate and should bring a water bottle.

Group discounts: \$10 off for each family member (2 or more) and \$10 off for each member for a team (5 or more). Call the weather line at 240-314-5023 for status of class.

Grade: 7-14

23113 Su Sep 23-Oct 21 1 pm-2:30 pm \$75/\$88

Location: Mark Twain Sch. Pk.



# Children

## Fencing for Youth ♥

Designed to expose youth to the olympic sport of fencing. This beginners course emphasizes safety and proper technique. Equipment is provided however participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Foil swords are used which are designed to flex.

Age: 6-8  
22755 F Sep 7-Nov 16 6 pm-7 pm \$140/\$156

Age: 6-8  
22753 Sa Sep 8-Nov 17 11 am-12 pm \$140/\$156

Age: 9-14  
22756 F Sep 7-Nov 16 7:20 pm-8:40 pm \$140/\$156

Age: 9-14  
22754 Sa Sep 8-Nov 17 12:20 pm-1:40pm \$140/\$156  
Location: Rockville Fencing Academy



“...Very impressed with Mr. Hayton’s knowledge and ability. My daughter had a good time.”

Parent of Guitar for Beginners participant

## Lincoln Park Community Recreation Center



357 Frederick Avenue  
Rockville, MD 20850  
240-314-8780

### Hours:

**Monday - Saturday, 9 a.m. - 9:30 p.m.**

Lincoln Park Community Center is the focal place for bringing the community together to participate in recreational opportunities for all ages. The activities are designed to provide opportunities for learning, fitness, family fun, and relaxation.

Amenities include a computer lab, game room, library, gymnasium, multi-purpose room, outdoor playgrounds, outdoor tennis courts, outdoor basketball courts, softball field, large fitness center, showers, ping-pong and Playstation 2.

Lincoln Park is a “pay for use” community center, offering reasonable rates for center memberships, Fitness memberships, daily passes and rentals. It has three rooms; a gymnasium, library and multi-purpose room, available for party or meeting rentals.

**Coming this Fall...**  
**Club House**  
**After School Program**  
Formerly Kids Room  
**August 27**

### Stay on top of those extra pounds . .

Join the LPCC Fitness Center,  
close to the new Town Center

Less than \$6 per month! Memberships available:  
\$65 per year for Rockville residents. Center features:  
treadmills, exercise bikes, extensive free weights,  
elliptical cross trainers, lockers and showers.

### Open Gym Basketball

Mon., Wed., & Fri., 8:30 – 9:30 p.m.

### Fitness Trainer available

Mon. – Sat., 6:30 – 9:30 p.m.

**“Drop-in” for Computer access, Playstation 2,  
Basketball and more!**

**Private Rentals** – Anniversary, birthday, retirement  
or meeting? Give us a call about renting our facility  
for your event.

Visit our website at  
[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)



# Children

## Flag Football Skills ♥

Children will enjoy using up some of their energy as they learn the fundamentals of this popular sport. Participants will learn skills in passing, catching, blocking and rushing and rules of the game. Teamwork and sportsmanship will also be emphasized. Game will be introduced as the skill levels of players progress. Cleats recommended. Call the weather line at 240-314-5023 for status of class.

Age: 7-10  
23071 Th Sep 20-Oct 25 5:30 am-6:20pm \$48/\$55  
Location: Calvin Park/Orell

## Gaelic Football ♥

Learn a fun new sport that is older than soccer and rugby and is played all over the world. Using a soccer size ball, children will develop punting, catching, hand-passing, coordination, throwing skills as well as teamwork in small sided scrimmages. Soccer cleats recommended. Co-sponsored by D.C. Gaeles. Call the weather line at 240-314-5023 for class status.

Age: 5-6  
23073 Sa Sep 29-Nov 3 9:30 am-10:30 am \$48/\$55

Age: 7-8  
23074 Sa Sep 29-Nov 3 10:30 am-11:30 am \$48/\$55  
Location: Montrose CC & PK/DC Gaeles

## Shorty Sports ♥

Enjoy learning the fundamentals of sports in a fun way through games and a variety of instructional drills. Develop skills in throwing, catching, kicking and batting through sports such as soccer, t-ball and basketball. Wear sneakers and bring a water bottle. Call the weather line at 240-314-5023 for status of class.

Age: 4-5  
22781 Th Sep 20-Oct 25 5 pm-5:50 pm \$49/\$58

Age: 5-6  
22782 Th Sep 20-Oct 25 6 pm-6:50 pm \$49/\$58  
Location: King Farm Park/Meza

## Soccer Skills ♥

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as the basic concepts for strategy and teamwork. Scrimmages are included. Bring a water bottle. Note: Shin guards are required. Call the weather line at 240-314-5023 for status of class.

No class 9/22  
Age: 4-5  
22790 Sa Sep 15-Oct 27 9 am-9:50 am \$49/\$58  
Location: King Farm Park/Meza

Age: 5-7  
22792 Th Sep 20-Oct 25 5:30 pm-6:20 pm \$49/\$58  
Location: North Farm Park/Gooding

Age: 5-7  
22788 Th Sep 20-Oct 25 4:30 pm-5:20 pm \$49/\$58  
Location: Calvin Pk./Orell

No class 9/22  
Age: 6-7  
22791 Sa Sep 15-Oct 27 10 am-10:50 am \$49/\$58  
Location: King Farm Park/Meza

## U.K. Elite Youth Soccer ♥

Develop fundamental techniques, skills, and an introduction to the tactics of soccer. Note: Bring water bottle and wear shin guards.

Age: 5-6  
22817 W Sep 12-Oct 17 6 pm-7 pm \$78/\$92

Age: 7-8  
23118 W Sep 12-Oct 17 6 pm-7 pm \$78/\$92  
Location: King Farm Park



Fee = Resident/Non-Resident

♥ = Step Up To Health Program

# Children

## T-Ball Skills ♥

Youngsters will enjoy this fun and active class as they learn the fundamentals of catching, throwing, batting and fielding. Bring a mitt and water bottle. Call weather line at 240-314-5023 for class status.

No class 9/22

Age: 5-7

22799 Sa Sep 15-Oct 27 10 am-10:50 am \$49/\$58

Location: King Farm Park/Orrell

## T-Ball Skills Plus ♥

Designed for children who have already taken T-Ball Skills class or with previous experience. The goal is to have students move away from using the baseball tee and move towards an intermediate skills level. Children will improve their throwing, catching and batting skills, and enjoy more game-like situations. Bring a mitt and water bottle. Call weather line at 240-314-5023 for class status.

No class 9/22

Age: 5-7

23452 Sa Sep 15-Oct 27 11 am-11:50 am \$49/\$58

Location: King Farm Park/Orrell

## Wrestling Team ♥

Discipline! Good work ethics! Responsibility! Perseverance! These are the qualities that are needed for success in the sport of wrestling. The City of Rockville is proud to sponsor a youth wrestling team to compete in the Gaithersburg Sports Association. Teams are coached by adults certified through the National Youth Sports Coaches Association.

All registrants, including 2006 participants, are required to sign up by October 18 deadline. Note: \$10 fee per player required for AAU Membership, payable to a coach at team practice. Two weekday evening, 90 minute practices begin November 13. Meets begin January 5, scheduled sometime between 9 a.m. and 5 p.m., tentatively at Gaithersburg H.S. Any wrestler who is at least 6 years old on January 1 is eligible. A wrestler who is 14 years old on January 1 is eligible if in the 8th grade or lower. Participants must reside or attend a school within Rockville corporate limits.

Age: 6-14

22966 Sa Jan 5-Feb 23 6 pm-7:30 pm \$81/\$91

Location: TBA

## Tennis for Children ♥

Lessons for beginners emphasize fundamentals: grip, stance, forehand, backhand and rules. Advanced Beginners work on serve, strategy, etc. Intermediate players work on approach shots, return of serves, lobs and overheads. Note: Participants must bring a racquet. Balls are provided. Call the weather line at 240-314-5023 for status of class.

No class 9/22

Age: 6-8

22809 Sa Sep 15-Oct 20 9:30 am-10:20 am \$52/\$61

Location: King Farm Park/Parish

Age: 8-10

23132 M Sep 17-Oct 15 5 pm-6 pm \$52/\$61

Location: Twinbrook CRC/Levine

No Class 9/22

Age: 9-11

22808 Sa Sep 15-Oct 20 9 am-9:50 am \$52/\$61

Location: Montrose CC & Pk./Ruiz

No Class 9/22

Age: 12-14

23451 Sa Sep 15-Oct 20 10 am-10:50 am \$52/\$61

Location: Montrose CC & Pk./Ruiz



♥ = Step Up To Health Program

## Croydon Creek Nature Center



852 Avery Road  
(off Baltimore Road)  
Rockville, MD 20852  
240-314-8770

### Hours:

**Tuesday – Saturday, 9 a.m.- 5 p.m.**

**Sunday, 1 - 5 p.m.**

**(closed Monday)**

Just minutes away from Rockville Town Center are 120 acres of beautifully preserved forest, open meadow areas, and a winding creek bustling with a variety of wildlife. Filled with excitement and discovery, Croydon Creek Nature Center is truly a place where young and old can encounter the wonders of nature in an urban setting. Interesting exhibits and informative programs provide educational opportunities to help visitors understand the importance of “thinking globally and acting locally.”

### What is there to do at Croydon Creek Nature Center? . . .

- Tour the Exhibit Room
- Explore the Discovery Room
- School Programs and Nature Classes
- Birthday Parties
- Tyke Hikes & Tiny Tot Walks
- Visit the “Nature Notions” Gift Shop



**Come in and meet  
our newest  
additions!**

“Spike,” our Eastern Screech Owl  
and “Meep” our American Toad!

## Twinbrook Community Recreation Center



12920 Twinbrook  
Parkway  
Rockville, MD 20851  
240-314-8830

### Hours:

**Monday - Friday, 6 a.m. - 9:30 p.m.**

**Saturday - 8:30 a.m. - 9:30 p.m.**

**Sunday - 10:00 a.m. - 6 p.m. (Apr.-Oct.)  
9 a.m. - 8:30 p.m. (Nov.-Mar.)**

Twinbrook Community Recreation Center is a membership facility. City of Rockville residents and non-residents can choose from a variety of affordable pass and membership options and take full advantage of the services offered at the center. Facility includes a full size gymnasium, computer lab, fitness center, multi-purpose rooms, table tennis, playstation, and outdoor park.

The center has a room to rent for small occasions and a gymnasium for athletic activities.

### Home Buying Seminars

Sept. 8, 9 a.m. (English), 11 a.m. (Spanish)

Sept. 11, 7:30 p.m. (English)

Sept. 13, 7:30 p.m. (Spanish)

### 2<sup>nd</sup> Fridays!

Program for 5<sup>th</sup> – 8<sup>th</sup> Graders

Sept. 14 – September Sampler

Oct. 12 – Rockville Gladiators

Nov. 9 – Back in the Day 90's

Dec. 14 – Whose Got Talent?

### Seventh Annual Fall Spooktacular

Oct. 27, 1-3 p.m.

### Trick or Treat at TCRC

Oct. 31, 6:30 – 8 p.m.



# Teens

## Arts/Dance/Enrichment

### Achievers Program

An after school program for middle school students. Gain positive tools such as problem solving and anger management strategies; career exploration; and study skills training. Participants earn community service hours through volunteer projects and credits towards Recreation and Parks activities.

Age: 11-13  
23102 Tu Sep 11-Dec 4 3:30 pm-5:30 pm Free  
Location: King Farm Com. Rm

23455 W Sep 12-Dec 5 3:30 pm-5:30 pm Free  
Location: Lincoln Park CC

### Anime - Japanese Animation Drawing

Discover the style and beauty of the Japanese pulp media. Learn the traits and characteristics that set this art form of drawing apart from its Western counterparts using media such as pencil, ink, and watercolor. \$12 supply fee due to instructor at first class.

Age: 11-15  
22639 F Sep 28-Nov 16 7 pm-8:15 pm \$89/\$105  
Location: King Farm Com. Rm/Mason

### Ballet for Teens ♥

Students with five or more years of experience are welcome to join this class and learn advanced ballet techniques. Students with demonstrated proficiency are encouraged to register with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, registration must be handled by mail, fax or in-person. See Adult Ballet and Children Ballet for more classes.

#### Advanced

No class 11/26

Age: 13+

22656 M Sep 24-Dec 3 5:45 pm-7 pm \$75/\$90

#### Advanced

No class 11/28

22657 W Sep 26-Dec 5 5:45 pm-7 pm \$75/\$90

Location: Rockcrest Ballet Ctr./Mangan

Fee = Resident/Non-Resident

### Chess for Teens

Chess is a fun game for all ages. Studies have found that chess will benefit children both academically and socially. Emphasis is on basic principles, visual skills development, score sheet notation, tactical skills, and checkmate positions. Instructor is a trainer for school champions in Maryland. Note: Chess boards and sets are provided for class.

Grade: 6-8  
23131 Th Sep 20-Nov 8  
7:15 pm-8:30 pm \$69/\$79  
Location: King Farm Com. Rm



### Do the WRITE Thing

Calling all Poets, Writers, Song writers, Rappers and anyone interested in sharing their creative expression through writing. Join your fellow artists and have a place to share your work, develop skills and express yourself. Held one Tuesday a month (to start). Note: This is a free program, however you must register to attend. For more information call 240-314-8634.

Grade: 8-12  
23086 Tu Oct 16-Jan 1 6:30 pm-7:30 pm Free  
Location: TBA

### Girlz Club

Join a club full of fun activities, an overnight and a monthly weekend event. Help plan activities...the possibilities are endless! Note: Meetings and outings will be scheduled weekly. There may be some nominal fees. For more information call 240-314-8634.

Grade: 9+  
23085 Th Sep 6-Dec 6 6:30 pm-8:30 pm \$15/\$20  
Location: Lincoln/Isreal Pk. CC

### Guitar - Beginner

Learn how to care for your instrument, tune a guitar, names of the strings, notes on the fret board, how to play major and minor chords, and some seventh chords. Proper picking techniques and different ways of strumming will be covered. Bring fully strung guitar (preferably acoustic), an A-440 tuning fork, and a pencil.

Age: 10-16  
22679 Tu Sep 25-Nov 13 7 pm-8 pm \$86/\$99  
Location: Rockville Sr. Ctr./Hayton

The City of Rockville  
Department of Recreation and Parks

## THE FINEST!

Youth Performance Troupe!  
Presents...

# "Collage of Fashion!"



**Friday, Sept. 21  
8 pm**

F. Scott Fitzgerald Theater  
603 Edmonston Dr  
Rockville, Maryland

***Come Out and Watch Us...  
'Show Ya What We Got!'***

Fashion Coordinator: Edward Byrd

Assistants: Hakima Payne and Moyston  
'Randy' Henry

### **Tickets:**

**\$12 Gen. Admission**

**\$7 Seniors**

**\$7 Children ages 3-12**

**Group Rates Not Available**

**For Information call:**

**240-314-8633 or  
240-314-8636**

**[www.rockvillemd.gov](http://www.rockvillemd.gov)**

**For Tickets Call:**

**F. Scott Fitzgerald Box Office  
240-314-8690**

Any individuals with disabilities who may require assistance in order to attend this event, or who have questions about accessibility, may contact the ADA Coordinator at 240-314-8100 (TDD 240-314-8137)

The City of Rockville's Youth Performance Troupe

## "THE FINEST!"

Invites you to...

## AUDITION for "THE WIZ!"

Presented For The Upcoming February 2008  
13<sup>th</sup> Annual African American  
Heritage Production

Artistic Directors/Choreographers  
Kashi-Tara and Kelly Chauncey

### Audition Info:

When: Wed, November 7 at 6 pm

Where: F. Scott Fitzgerald Theatre, 603 Edmonston Drive  
Rockville, Maryland  
(Rockville Civic Center - off Baltimore Road)

For More Information Contact:

Karen Rawlins

Community Recreation Programs Supervisor

(phone) 240-314-8633 / [krawlins@rockvillemd.gov](mailto:krawlins@rockvillemd.gov)

## FRIDAY NIGHT SKI CLUB

**Grades 6-12**

**Every Friday Night for 8 weeks**

**January 11 – February 29**

Pick up and Drop off from  
Robert Frost Middle School • 3-10:30 pm

**Registration begins on Mon., Dec. 3  
Ending Fri., Dec. 14**

Early registration is suggested.

First come, First Served  
until Program is full.

**Detailed Cost & course info.  
will be in the  
Winter 2007-08  
Recreation Guide.**

Fee will include Ski Package,  
Coach Bus Transportation  
and Supervision.



**For more information call - 240-314-8634**

# Teens

## Second Fridays

Second Friday of the month events just for 5th through 8th graders. A evening of organized fun. Games, music, prizes, snacks, contests and much more. Pre-registration ensures a space. Themes are September Sampler, Rockville Gladiators, Back in the Day, and Whose Got Talent?

Grade: 5-8

23005	F	Sep 14	7 pm-9 pm	\$3/\$5
23006	F	Oct 12	7 pm-9 pm	\$3/\$5
23007	F	Nov 9	7 am-9 am	\$3/\$5
23008	F	Dec 14	7 am-9 am	\$3/\$5

Location: Twinbrook CRC

## Trips

Registration for trips begins upon receipt of the Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip. If you should have any questions or concerns, please call our Teen staff at 240-314-8634.

## Billiards & Out to Lunch

(Early Release Day) Spend the afternoon playing pool at Orange Ball Billiards followed by lunch at a local restaurant. The cost includes transportation, supervision, billiards fees, lunch, and soda. Pick-up and drop-off at Robert Frost and Julius West Middle Schools.

Grade: 6-12

23089	F	Sep 28	12:30 pm-3:30 pm	\$20/\$25
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Depart From: TBA

## Pottery & Movie

(No School Day) Are you creative or artistic? Do you like to make a mess and/or try new things? Join us when we go to the The Pottery Stop in Columbia, MD where you will decorate and then take home a plate, mug or bowl. Afterwards, we'll go to a restaurant for lunch and then to the movies (PG/PG-13). Cost includes transportation, supervision and pottery instruction/supplies. Bring money for lunch. Pick-up and drop off at Julius West and Robert Frost Middle Schools. Register by: 10/5

Grade: 6-12

23092	F	Oct 19	12 pm-5 pm	\$20/\$25
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Depart From: TBA

♥ = Step Up To Health Program

## Adventure Park & Movie

(No School Day) We're off to tackle the spine-tingling turns of the raceway, challenge our friends in a game of laser tag, enjoy the arcades, and miniature golf. Adventure Park fun followed by an afternoon at the movies. Cost includes transportation, supervision and attraction fees. Pick-up and drop-off at Robert Frost and Julius West Middle Schools.

Grade: 6-12

23087	Th	Nov 1	10 am-4 pm	\$25/\$35
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Depart From: TBA

## Bowling ♥

(Early Release Day) Enjoy an afternoon of food, fun and bowling at Shady Grove AMF Bowling Alley. Cost includes 3 games, shoes, transportation and supervision. Bring extra money for food. Pick-up and drop-off at Robert Frost and Julius West Middle Schools.

Grade: 6-8

23093	M	Nov 12	12:30 pm-3:30 pm	\$20/\$25
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Depart From: Julius West MS

## Dave & Busters

(Early Release Day) Out of school early with nothing fun to do and hungry? We've got the perfect trip you. Join us at Dave & Busters where you can play tons of arcade games and eat a buffet lunch. Pick up and drop off at Robert Frost and Julius West Middle Schools.

Grade: 6-7

23095	M	Nov 12	12:30 pm-3 pm	\$20/\$25
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Depart From: TBA



City of  
Rockville  
**Step  
Up to  
Health**  
Where Fitness Is In

**Where Fitness is in!**

National Recreation &  
Parks Association

**It's easy?**

Just get up and get moving!

Do it on your own or take part in the many "Step Up to Health" programs offered through the City of Rockville.

**Our goal is to increase awareness of our nation's health epidemic and begin to make a difference by encouraging Rockville residents to adopt healthy lifestyles.**

**A "Special Thank You" to**











## City of Rockville Community Wellness

### 2<sup>ND</sup> ANNUAL FALL FEST COMMUNITY HEALTH FAIR

Saturday, November 3, 2007

11 a.m. – 2 p.m.

Twinbrook Community Recreation Center

**Be Healthy — Be Happy!!**

Flu Shots • Free Screenings • Health Information for All Ages  
Food Sampling • Fun & Games for Kids and More!!

For more information, call 240-314-8119  
or visit our website at [www.rockvillemd.gov/residents/wellness](http://www.rockvillemd.gov/residents/wellness)

### Glenview Mansion

## *Holiday Open House*

Rockville Civic Center Park  
603 Edmonston Drive • Rockville, MD 20851  
240-314-8660

**Dec, 2, 9, 16 at 1-4 p.m.**

***Decorated Rooms throughout Mansion!***  
***Wonderful Concerts for the Holiday Season!***

Make the Season Brighter for Others . . .

Donate Toys & Food to the  
City of Rockville Holiday Drive

[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation) • Recorded Directions, 240-314-5004

# Family

## Arts/Dance/Enrichment

### Bridging the Cultural Divide

Immigrant Asian children and youth often lead a double life, immersed in American culture by day and traditional Asian family life in the evening. One world speaks English, encourages independent thinking, expression of emotions and exploring new freedoms. The other world does not speak English and expects collective thinking, keeping feelings to oneself and obeying without question. Examine parenting challenges in this cultural divide to improve family relationships and communication with schools.

Age: 7+

23105 Th Sep 20 6:30 pm-9 pm \$15 per family  
Location: Rockville Sr. Ctr.

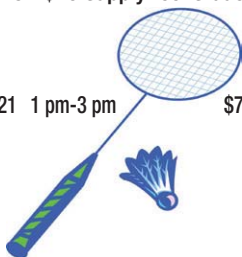
## Fitness & Wellness

### Badminton - Beginner/Intermediate ♥

Learn the basic strokes and techniques of badminton as well as the history, rules, and scoring of this Olympic sport. Note: Bring a racquet. For information on renting or purchasing a racquet, call 703-597-1376. \$10 supply fee is due to instructor at first class.

Age: 10+

22739 Su Sep 23-Oct 21 1 pm-3 pm \$78/\$92  
Location: Twinbrook CRC/Thong



### Climbing for Children and Parents ♥

Children will be taught the basics of climbing and safety, while parents are taught to belay. Course will provide necessary instruction to allow parents to bring children to Open Climbing nights. All equipment provided. Registration deadline is one week prior to start of class. Drop-in registrations welcome on a space-available basis. Additional child in same family pays \$20.

Age: 7-17

22978	M	Sep 10	7 pm-9 pm	\$35/\$39/\$20
22979	M	Oct 8	7 pm-9 pm	\$35/\$39/\$20
22980	M	Nov 12	7 pm-9 pm	\$35/\$39/\$20
22981	M	Dec 10	7 pm-9 pm	\$35/\$39/\$20

Location: Climbing Gym

### Healthy Snacks Attack ♥

It's back to school and time to get back on track. The perfect time to start a healthy routine and learn about nutrition-- kid style. Join your kids and meet with a nutritionist to learn how to read a nutrition label, make some healthy snacks, and learn some kid-friendly facts of nutrition. Give your kids the opportunity to learn the nutrition information they need to eat a balanced, healthy diet for life- but in a fun, hands-on way! A fun and healthy activity!

Age: 8+

23114 Tu Sep 25 7 pm-8 pm \$10/\$12  
Location: King Farm Com. Rm

## Trips

Registration for trips begins upon receipt of the Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip. If you should have any questions or concerns, please contact our Outdoor Programs staff at 240-314-8641. Note: Participants under 18 years of age must be accompanied by an adult.

### Biking - North Central Rail Trail #2 ♥

Enjoy a leisurely 20-mile bike ride along this beautiful trail, just north of Baltimore as Part #2 of this lovely bike ride along a historic rail line. Start your ride New Freedom, Pennsylvania and travel over nearly flat terrain to Hanover, Maryland. This shaded path of crushed stone follows the Gunpowder River for most of the trip. Cost includes transportation of you and your bike, leadership and map. Register by: 9/7.

Age: 8+

22988 Sa Sep 22 8 am-5 pm \$36/\$45  
Depart From: Rockville City Hall

## "Early Bird" Special

### Earn Triple

Rockin' Reward Points!



### Register for any Family or Adult Trip

**August 14-16, 2007**

Turn your points into \$\$\$ for future programs



# Family



## Flying Trapeze School ♥

Here is a new and exciting activity to include in your family album! Trapeze School of New York (TSNY) has come to Baltimore and offers a 2-hour introductory class for beginners where you actually fly! The magic of flying (with the aid of ropes, nets and helping hands) is a thrill that is unmatched. Anyone can participate, but keep in mind this is a physical activity and you will be sore following class. The class lasts from 3:30-5:30 PM. Registration is limited to 9 people per class. Cost includes transportation, class fees and leadership. Register by 10/1.

Age: 4+  
 23000 Sa Oct 13 1 pm-7 pm \$59/\$64  
 23001 Su Oct 21 1 pm-7 pm \$59/\$64  
 Depart From: Rockville City Hall

## C&O Canal Bike Series ♥

Bike the entire 184 miles of the C&O Canal, from Cumberland to Georgetown, in one-day trips. Earn a patch and certificate after completing all seven segments. Enjoy spectacular views and biking on flat terrain. Must be in good physical condition for this ride through history. Note: Participants under 18 years old must be accompanied by an adult. For more information, call 240-314-8627.

### C&O #5 - Shepardstown to Point of Rocks

This 25 mile segment passes by Antietam Battlefield before our lunch stop at Harper's Ferry. Cost includes leadership and transportation of you and your bike. Register by October 10.

Age: 13+  
 22986 Sa Oct 20 8 am-7 pm \$36/\$45  
 Depart From: Rockville City Hall



## Appalachian Trail Hiking Series ♥

Families and individuals catch a glimpse of the area's history and folklore. The Maryland section of the Appalachian Trail has been divided into segments for day hikes. Participants must be able to hike at least two miles over rocky hills without a break and complete the distance indicated. Earn a certificate and patch after hiking all sections in the series. For more information, call 240-314-8627.

### Hike #1 Penn Mar to Raven Rock Hollow

A 5.8 mile hike along a beautiful and hilly section of the Appalachian Trail as it crosses the Mason-Dixon line into Maryland from Pennsylvania. The views give way to hawk and possibly eagle sightings. Cost includes leadership and transportation. Register by 10/17.

Age: 10+  
 22985 Sa Oct 27 8 am-5 pm \$36/\$45  
 Depart From: Rockville City Hall

## Hike the Appalachian Trail in VA ♥

John Powers will lead this series of hikes on the Appalachian Trail in Northern Virginia. Each hike will be approximately 5-8 miles in length and the terrain varies for each section. Proper hiking shoes are recommended. Participants should be in good physical condition before attempting these hikes. Cost includes transportation and leadership.

Age: 8+  
 22999 Sa Nov 10 8 am-6 pm \$36/\$45  
 Depart From: Rockville City Hall

## Christmas Spectacular Radio City Music Hall

**Sunday, December 16**

Kick off the holiday season with the Rockettes' Annual Christmas Spectacular in New York City. Take in the sites of Manhattan after the 12 pm show.

**Cost includes luxury tour bus, transportation, ticket and leadership.**

Register by 11/16 #22990

Departs City Hall 6:30 am, Returns 11 pm  
 \$160 Resident; \$185 Nonresidents (ages 6+)



# Croydon Creek Nature Center

852 Avery Road (off Baltimore Road) • Rockville, MD 20852 • 240-314-8770

Activities are held at Croydon Creek Nature Center. Registration is required. There are no registration deadlines unless otherwise noted and you may register for programs up until the day of the event.

## Croydon Creek Campfire

Gather around the campfire at Croydon Creek Nature Center for stories, snacks, and more. All participants must register in advance.

### American Indian Stories

Celebrate National American Indian Heritage Month and gather around the campfire to listen to American Indian Stories, make smores, and enjoy the autumn weather. Register by 11/10.

Age: 1+  
23044    Sa    Nov 17    6 pm-7:30 pm    \$3/\$4

## Croydon CREEP Nature Center

Before the Drive-In Movie on the lawn at the Civic Center Park, join us at Croydon Creep Nature Center for an evening of frightful fun! There will be lots of games, hands-on activities, live animal interpretation, and a spooky nature hike. This event is free. All ages welcome-no reservations required.

All Ages  
23082    F    Oct 26    6 pm-8 pm    Free

## Hawk Mountain Trip ♥

Hawk Mountain is located along the Appalachian Flyway in east-central Pennsylvania. During the fall it offers endless viewing opportunities of migrating raptors. Hike some of the 8 miles of trails to see beautiful views of the mountains and impressive birds of prey. Cost includes leadership, entrance fee, and van transportation. Register by 10/6.

Age: 16+  
23038    Sa    Oct 20    8 am-6 pm    \$36/\$45  
Departs: Rockville City Hall

## Leaf Prints

Learn how to identify trees as we hike the trails of the John G. Hayes Forest Preserve. Participants will make a leaf print t-shirt to take home. Bring a plain white t-shirt to decorate. Register by 9/21.

Age: 6-11  
23035    F    Sep 28    1 pm-2:30 pm    \$8/\$10

Fee = Resident/Non-Resident

## Junior Naturalists Club

Interested in exploring the natural world? Then join the Junior Naturalists Club at Croydon Creek! Each month we will investigate new topics and learn the skills to become true naturalists. Participants who complete all 9 courses will earn an official Junior Naturalist t-shirt. Dress for the weather as time will be spent outdoors.

### Natural History 101

True naturalists are keen observers of the environment. Participants will create field journals to record their observations and conduct hands-on experiments to sharpen their scientific skills. Register by 9/30.

Age: 11-14  
23059    W    Oct 10    4 pm-5:30 pm    \$14/\$17

### Ecology

Learn about the interactions of living organisms in the environment through field studies that will give you a closer look at the animals found near the Nature Center. Register by 10/30.

23060    W    Nov 14    4 pm-5:30 pm    \$14/\$17

### Ornithology

Learn to identify common area birds by sight and sound and understand bird behavior, eating habits, and adaptations through field studies. Register by 11/30.

23061    W    Dec 12    4 pm-5:30 pm    \$14/\$17

## Natural Holiday Ornaments

From spicy cinnamon to soothing lavender, discover how to use a variety of herbs and spices to make fragrant holiday ornaments. Participants will make 4 natural ornaments. Register by 11/23. If under age 6 bring an adult to help you.

All Ages  
23037    Sa    Dec 1    2 pm-3 pm    \$12/\$14

## Pumpkin Science

Become a pumpkin scientist by performing hands-on experiments on these fantastic fall fruits. Be ready to get messy! Paint your own pumpkin to take home. Register by 10/12.

Age: 6-11  
23036    F    Oct 19    1 pm-2:30 pm    \$8/\$10

### Scout Badge Days

Naturalists can help you complete all necessary requirements to achieve the following badges. All materials are provided, however badges are not supplied by the Nature Center. Programs take place rain or shine, so please dress for the weather.

#### Webelos Naturalist Badge

Age: 8-10

23040 Sa Oct 6 10 am-12 pm \$12/\$14

#### Webelos Naturalist Badge

Age: 8-10

23041 Sa Oct 6 2 pm-4 pm \$12/\$14

#### Brownie Animal Try-It Badge

Age: 6-8

23042 Sa Nov 3 10 am-12 pm \$12/\$14

#### Brownie Animal Try-It Badge

Age: 6-8

23043 Sa Nov 3 2 pm-4 pm \$12/\$14

### Tiny Tot Walks - Adult/Child ♥

#### The Grouchy Ladybug

Discover the story of the Grouchy Ladybug and learn more about ladybug life through fun crafts and activities. Participants will spend time outdoors so dress for the weather.

Age: 2-3 1/2

23026 Th Sep 20 10:30 am-11:15 am \$6/\$7

#### Plenty of Pumpkins

Fall is here and that means it is pumpkin time! Learn all about these fascinating fruits and make a fun project to take home. Participants will spend time outdoors so dress for the weather.

23027 Th Oct 18 10:30 am-11:15 am \$6/\$7

#### Fall's a Time to Get Ready

Animals are busy preparing for winter. Find out how Croydon Creek's critters get ready for winter through nature crafts and activities. Participants will take a hike outside so dress for the weather.

23028 Th Nov 15 10:30 am-11:15 am \$6/\$7

#### Feathered Friends

Visit the birds that haven't moved south for the winter. Learn more about our fine, feathered friends and make a special project to take home. Participants will spend time outdoors so dress for the weather.

23030 Th Dec 13 10:30 am-11:15 am \$6/\$7

### Tyke Hikes ♥

#### The Grouchy Ladybug

Discover the story of the Grouchy Ladybug and learn more about ladybug life through crafts and activities. Participants will spend time outdoors so dress for the weather.

Age: 3 1/2-6

23031 Th Sep 20 1 pm-2 pm \$6/\$7

#### Plenty of Pumpkins

Fall is here and that means it is pumpkin time! Learn all about these fascinating fruits and make a fun project to take home. Participants will spend time outdoors so dress for the weather.

23032 Th Oct 18 1 pm-2 pm \$6/\$7

#### Fall's a Time to Get Ready

Animals are busy preparing for winter. Find out how Croydon Creek's critters get ready for winter through nature crafts and activities. Participants will take a hike outside so dress for the weather.

23033 Th Nov 15 1 pm-2 pm \$6/\$7

#### Feathered Friends

Visit the birds that haven't moved south for the winter. Learn more about our fine, feathered friends and make a special project to take home. Participants will spend time outdoors so dress for the weather.

23034 Th Dec 13 1 pm-2 pm \$6/\$7

Location: Croydon Creek Ntr. Ctr.

## Longwood Gardens Tour

Saturday, November 3

Explore historic Longwood Gardens in Kennett Square, PA. The estate includes over 1,000 acres of horticultural displays, woodlands, and meadows. Cost includes transportation, leadership, and a guided tour. For ages 16 and above. Departure from the Croydon Creek Nature Center at 8 a.m., returning at 6 p.m.

**Register by 10/21 (course #23039)**

**\$42 for residents**

**\$54 nonresidents.**

# Adults

## Arts/Dance/Enrichment

### Ballet for Adults ♥

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Ballet for more classes.

Ages 13+

#### Beginner - Intermediate

No class 11/22 & 11/29

22643	Th	Sep 27-Dec 6	7:45 pm-9 pm	\$68/\$79
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#### Advanced

No class 11/27

22641	Tu	Sep 25-Dec 4	6:30 pm-7:45 pm	\$75/\$89
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#### Advanced

No class 11/22 & 11/29

22642	Th	Sep 27-Dec 6	6:30 pm-7:45 pm	\$68/\$79
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Location: Rockcrest Ballet Ctr./Mangan

### Ballroom Dance ♥

Even if you think you have 'two left feet' come join us. Have fun and be surprised at what you can learn! We will teach the basic steps in standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Note: Class and fee is for couples only.

Age: 16+

#### Beginner

22658	W	Sep 19-Nov 7	7:30 pm-8:30 pm	\$92/\$104
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Location: Ritchie Park ES/Mola

#### Beginner

No class 10/18, 11/15, & 11/22

23115	Th	Sep 27-Dec 6	7:30 pm-8:30 pm	\$92/\$104
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Location: Lakewood ES/Mola

#### Intermediate

Beginner ballroom dance experience.

22659	W	Sep 19-Nov 7	8:30 pm-9:30 pm	\$92/\$104
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Location: Ritchie Park ES/Mola

### Belly Dancing (Mid-Eastern) ♥

Learn an exciting and ancient dance. This art form incorporates movements from folk, social, and classical traditions of Middle Eastern cultures. Wear exercise apparel, bring a scarf for tying around your hips, and ballet slippers or dance in bare feet. Students enrolled in Advanced Beginner must have completed the Beginner course.

No class 11/5

#### Beginner

Age: 14+

22661	M	Sep 17-Dec 10	7 pm-8 pm	\$89/\$105
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Location: Twinbrook CRC/Amara

#### Beginner

Age: 16+

22663	Tu	Oct 2-Dec 4	8:30 pm-9:30 pm	\$75/\$85
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Location: Rockville Sr. Ctr./Basane

No class 11/6

#### Beginner

Age: 16+

22664	Tu	Oct 2-Dec 4	12 pm-1 pm	\$67/\$79
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Location: Twinbrook CRC/Basane

No class 11/5

#### Advanced Beginner

Age: 14+

22662	M	Sep 17-Dec 10	8:05 pm-9:05 pm	\$89/\$105
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Location: Twinbrook CRC/Amara

#### Advanced Beginner

Age: 16+

22665	Tu	Oct 2-Dec 4	7:30 pm-8:30 pm	\$75/\$85
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Location: Rockville Sr. Ctr./Basane

### Conversational Spanish I

Beginner class for students who have a basic vocabulary, command of grammar, and are beginning to use that knowledge for conversation. Topics will be assigned each week while building on vocabulary, grammar, and expressions.

Age: 16+

22669	W	Sep 19-Nov 7	7 pm-9 pm	\$79/\$93
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Location: Rockville Sr. Ctr./Cuesta



# Adults

## Cooking - Knife Skills

Learn the proper way to hold, sharpen and care for your knives. Discuss different types of knives and tasks on which they work best. Learn basic French cuts from fine brunois to large dice and how to break down a whole chicken. Note: Bringing own knife is optional but encouraged. Participation class. \$5 food fee payable to instructor. Refund requests considered only if received 4 or more days prior to class.

Age: 18+  
22717 F Sep 14 7 pm-10 pm \$45/\$50  
Location: Rockville Sr. Ctr./Ferguson

## Cooking - Sushi Party

Sushi is not as hard as it looks. Impress your next cocktail party guests with a tray of fresh homemade sushi. Learn how to purchase sushi fish and other ingredients. Make rice, maki (rolls) and nigiri (traditional sushi). Participation class. \$10 food fee payable to instructor at class. Refund requests only considered if received 4 or more days prior to class.

Age: 16+  
23110 F Oct 12 7 pm-10 pm \$50/\$59  
Location: Rockville Sr. Ctr./Ferguson

## Cooking - Perfect Turkey

Is it your turn to host Thanksgiving this year? Learn to make the perfect turkey. We'll make apple stuffing, cranberry confiture, and assorted roasted root vegetables to go with it. Come with your questions and leave with the answers to make your holiday dinner perfect. This is a demo class. \$5 food fee due to instructor at class. Refund requests only considered if received 4 or more days prior to class.

Age: 15+  
23106 F Nov 16 7 pm-10 pm \$50/\$59  
Location: Rockville Sr. Ctr./Ferguson

## Home Buying Seminars

Learn valuable information that can help you prepare for buying a home from the professionals. Seminar includes evaluating your credit and qualifying for a loan; selecting a realtor; determining price, area and housing needs; what to look for when searching for homes; and what to expect from contract to closing. Seminars offered in English and Spanish.

All Ages				
23009	Sa	Sep 8	9 am-10:30 am	Free
23012	Sa	Sep 8	11 am-12:30 pm	Free
23010	Tu	Sep 11	7:30 pm-9 pm	Free
23011	Th	Sep 13	7:30 pm-9 pm	Free
Location: Twinbrook CRC				

## Conversational Spanish II

Continuation of basic Spanish will offer an opportunity to further enhance your skills. Emphasis on pronunciation and comprehension, using simple topics to give you command of idioms and vocabulary.

Age: 16+  
22670 M Sep 24-Oct 29 7 pm-9 pm \$59/\$69  
Location: Rockville Sr. Ctr./Cuesta



## Cybereducation

At your own pace and from the comfort of your own home, read lessons, participate in tutorials, hold interactive discussions with the instructor and

your fellow students in the online classroom. Each class is self-paced and open 24 hours per day. Note: Course requirements include: Internet access and intermediate pc skills. Remember to include your e-mail address with your registration. For more information, visit [www.gsinet.org](http://www.gsinet.org).

### 'The Law of Attraction'

You're already experiencing the 'Law of Attraction' with jobs, money, relationships and happiness in your life. Learn the 'Secret' of how to stop attracting things you don't want and start attracting things you do want. The instructor will coach you through the steps of directing your thoughts to bring energy, joy and prosperity into your life.

Age: 18+  
22727 Tu Sep 25-Oct 30 9 am-10 am \$79/\$89  
Fugere

## Dogs - Reinforcing the Positive

Train your dog with treats, play, and praise. Learn responsible dog ownership and basic skills for you and your dog. All training done on leash. Dogs must be dog and people friendly and vaccinations must be current. Call weather line at 240-314-5023 for class status.

No class 9/22  
Age: 6 mo+  
22677 Sa Sep 15-Oct. 27 9 am-10 am \$42/\$49  
Location: Rockville Sr. Ctr./Zicht

Fee = Resident/Non-Resident

# Adults

## EFT: For Stress and Pain Relief ♥

Emotional Freedom Tapping (EFT) is an acupressure technique that can alleviate most aches and pains, fears, anxieties, cravings, and many other distressing conditions. It can improve job performance, athletic ability and more. EFT involves no drugs or equipment, has long lasting effects and benefits most people.

Age: 18+  
23063 Tu Oct 16 7 pm-9 pm \$49/\$54  
Location: Rockville Sr. Ctr./Groves

## Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under the direction of a producer.

Age: 18+  
23064 Tu Nov 13 6:30 pm-9 pm \$19/\$22  
Location: Rockville Sr. Ctr.

## Guitar

Learn how to care for your instrument, tune a guitar, names of the strings, notes on the fret board, how to play major and minor chords, and some seventh chords. Proper picking techniques and different ways of strumming will be covered. Bring fully strung guitar (preferably acoustic), A-440 tuning fork, pencil and paper.

Age: 16+  
22678 Tu Sep 25-Nov 13 8 pm-9 pm \$86/\$99  
Location: Rockville Sr. Ctr./Hayton

## Hip-Hop Dance ♥

Hip-Hop dancing is not just for the very young. Adults can benefit from an aerobic workout while learning the latest dance moves and listening to the sounds of the street. Wear loose fitting clothing and tennis shoes.

No class 10/15

Age: 14+  
22680 M Sep 24-Nov 5 7:30 pm-8:30 pm \$42/\$49  
Location: Lincoln Park CRC/Tinoco-Liuvemas

## Home Ownership 101

This class will provide potential buyers with the necessary tools to understand and feel empowered during the home buying process. The main focus will be on searching for a home while working with an agent and home financing.

All Ages  
23120 M Oct 1 7 pm-10 pm \$24/\$29  
Location: Rockville Sr. Ctr./TBA

## Knitting - Circle

A great craft and stress reliever. Join us for this easy to learn activity and get creative! Beginners will learn to knit, purl, cast on and bind off. Continuing students will perfect their skills and learn new ones. Supply list for beginner participants will be mailed one week prior to class. No class 10/1.

Age: 16+  
**Beginner**  
22682 M Sep 24-Nov 5 6:30 pm-8 pm \$42/\$48  
**Intermediate**  
22683 M Sep 24-Oct 29 6:30 pm-8 pm \$42/\$48  
Location: Rockville Sr. Ctr./Bahr

## Line Dancing for All ♥

Join in the fun and get some exercise too! All levels welcome. Start with the basics and add steps and combinations as you go, including the Cha-Cha and the Electric Slide. This is a non-partner, self-paced dance activity. Dance to a variety of country, western and popular music! Note: Soft-soled shoes required. No sneakers.

Age: 16+  
22684 M Sep 24-Nov 12 7 pm-8 pm \$52/\$60  
Location: Ritchie Park ES/Cunningham

## Pet First Aid - Be Prepared

Be prepared to take care of your dog or cat in an emergency until professional help is obtained. Learn emergency first aid, wound and shock care, and how to prepare a first aid kit. No pets allowed.

Age: 18+  
22719 Th Nov 1 7 pm-8:30 am \$4/\$5  
Location: Rockville Sr. Ctr./Becker - Van Dam

# Adults

## Photo Organizing Made Easy

Are your photos stored in unlabelled shoeboxes and shopping bags? Learn a quick and easy strategy for organizing them! This is NOT a scrap booking class! Participants will spend most of the time organizing photos under the help and guidance of the instructor. Note: Fee includes cost of a large photos safe box, 12 dividers, photo safe pencil and written guidelines. Cost of materials is nonrefundable.

Age: 16+  
23065 Th Oct. 25 7-9 pm \$49/\$56  
Location: Rockville Sr. Ctr.

## Pottery - Introduction to Clay

Plunge your hands in clay. Explore slab, coil and other techniques of hand building. Learn how to use the potter's wheel. Incorporate your interests in the piece or pieces that you create. \$25 supply fee payable to City of Rockville at first class.

No class 11/10.  
Age: 15+  
22693 Sa Sep 29-Nov 17 9:30 am-11:30 am \$84/\$99  
Location: Rockville Sr. Ctr./Nicholson

## Quilting - Beginner

Is your sewing machine screaming out for a new project? Create a lovely pillow or small quilt using a simple four patch block. Learn the basics of piecing, quilting, and binding. Machine piecing will be demonstrated. Homework is an important component of this course. Bring your sewing machine to classes 2-5. Students may purchase a small quilt kit (\$25) at first class or bring their own materials.

Age: 13+  
22616 Tu Oct 2-30 7 pm-9 pm \$69/\$81  
Location: Rockville Sr. Ctr./Taylor

## Reducing Seasonal Allergies ♥

Your susceptibility to seasonal allergies can be related to lifestyle and diet. Discover which foods compromise your immune system and make you more allergic to common substances like pollen, dust, molds, animal dander, etc. Find out about foods, herbs, homeopathy and supplements that naturally reduce allergy symptoms without side-effects.

Age: 18+  
23119 Tu Sep 25 7 pm-9 pm \$37/\$41  
Location: Rockville Sr. Ctr.

## Salsa

Dance to the rhythms of this hot Latin dance craze. This fast paced dance is suitable for both the night club and ballroom dancing. This beginner class will move through intermediate level steps. Class and fee is for couples only.

No class 10/18, 11/15, & 11/22  
Age: 18+  
22569 Th Sep 27-Dec 6 8:30 pm-9:30 pm \$92/\$104  
Location: Lakewood ES/Mola

## To Life

Are you needing a little pick-me-up? Do you want to be surprised by some part of yourself? Be adventurous through creative expression and small group process. Using drumming, an easy writing exercise and exploratory discussion, you can live life more fully as you come to experience and understand yourself in ways you have not before. Sign up for one or more sessions.

Age: 18+  
22829 Sa Sep 29 10 am-12:30 pm \$69/\$79  
22830 Sa Oct 20 10 am-12:30 pm \$69/\$79  
22831 Sa Nov 17 10 am-12:30 pm \$69/\$79  
22832 Sa Dec 15 10 am-12:30 pm \$69/\$79  
Location: Rockville Sr. Ctr./Levine

## Watercolor - Continuing

Watercolor instruction for students with previous experience or who have taken Watercolor #22709. Try a variety of approaches and subject matter while exploring experimental and traditional techniques. Bring your own supplies.

Age: 16+  
22708 M Oct 1-Nov 5 7 pm-9 pm \$63/\$74  
Location: Rockville Sr. Ctr./Tetlow

## Watercolor - Ready, Set, Go

Try your hand at painting in this medium. Learn basic techniques, color mixing, and brushwork. All supplies included in fee. You may register for Watercolor - Continuing #22708 if you register and attend this introductory class.

Age: 16+  
22709 Sa Sep 29 10 am-12 pm \$25/\$29  
Location: Rockville Sr. Ctr./Tetlow



# Adults



## Wine Workshops

Increase your knowledge of wines and how they are made. Each workshop is geared for beginning and intermediate students. Approximately 8 to 10 representative wines will be featured for tasting and comments, along with breads and cheeses. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award winning winery in Frederick County. Participants must supply photo I.D. upon request. Cancellations must be received in writing at least 48 hours prior to each workshop to receive a refund.

### Wines of New York

Learn about one of the largest wine producing states in the US. We will discuss the Finger Lakes, Hudson River Valley and Long Island wine regions. The history of winemaking in this region will also be covered.

Age: 21+  
23066 Th Oct 11 7:30 pm-9:30 pm \$28/\$32

### Holiday Wines

Focus is on a variety of wines that are suitable for entertaining and enjoyment around the holidays.

23067 Th Nov 8 7:30 pm-9:30 pm \$28/\$32  
Location: Glenview Mansion/Cecil

## Zumba Dance for Fitness ♥

Perfect your dance moves and break a sweat with this fun approach to fitness. A latin influenced dance style class that combines high energy moves and dance combinations that are designed to make your workout fun and make you feel great!

No class 11/10  
Age: 14+  
22835 Sa Sep 29-Dec 8 10:15 am-11:15 am \$79/\$89  
Location: Rockville Sr. Ctr./Lu

♥ = Step Up To Health Program

## Fitness & Wellness

Register for any three of the following classes (Combo Step Aerobics, REP Reebok and Step Aerobics) and receive a \$7 discount. Register by mail, fax or in-person.

### Step Aerobics ♥

For that extra fitness push, join us in a low-impact, cardiovascular workout using a step platform (which is provided). Enjoy this high energy and invigorating workout. Recommended for Intermediate and Advanced levels. No class 10/9.

Age: 15+  
22793 Tu Sep 4-Dec 18 5:30 pm-6:15 pm \$86/\$99  
Location: Rockville Sr. Ctr./Quintiere

### Combo Step Aerobics ♥

Enjoy a great cross training workout including low impact aerobics, step aerobics and strength training. Prepare your muscles for a new diversion each week. Bring weights and a towel or mat to class.

No class 9/22, 11/10  
Age: 15+  
22748 Sa Sep 8-Dec 15 9 am-10 am \$74/\$87  
Location: Rockville Sr. Ctr./Rourke

### REP Reebok ♥

Enjoy a simple and effective way to improve strength and definition of muscle groups. Pre-choreographed workout includes routines to strengthen all muscles, designed to benefit all fitness levels. Step platform and free weights used. Steps provided.

No class 9/13 & 11/22  
Age: 15+  
22778 Th Sep 6-Dec 20 6:15 pm-7:15 pm \$81/\$96  
No class 10/9  
22779 Tu Sep 4-Dec 18 6:20 pm-7:20 pm \$86/\$99  
Location: Rockville Sr. Ctr./Quintiere



# Adults

## Climbing for Adults - Beginner ♥

Spend an evening learning the climbing basics and proper belay techniques. Work with experienced climbers who will show you movements for climbing and bouldering. Once you catch on you'll be ready for Open Climbing Nights on Tuesdays at the gym. All equipment is provided. Registration deadline is one week prior to the start of class. Drop-in registrations are welcome on a space-available basis.

Age: 18+				
22982	M	Sep 24	7 pm-9 pm	\$20/\$25
22983	M	Oct 22	7 pm-9 pm	\$20/\$25
22984	M	Nov 26	7 pm-9 pm	\$20/\$25
Location: Climbing Gym				

## Create a Cleansing Diet ♥

This is part one is a series of classes that educate you on how to detoxify your body, strengthen your immune system, choose naturally cleansing foods and herbs, and prevent disease. Topics covered in part one: how we absorb toxins; ways to avoid them; how toxins harm us; inflammatory and toxic foods that set us up for disease; beneficial, cleansing foods; and the sound economics of eating organic foods.

Age: 18+				
23069	Tu	Oct 9	7 pm-9 pm	\$34/\$39
Location: Rockville Sr. Ctr./Groves				

## Golf - Beginner ♥

Get into the swing of golf . . . learn proper swing mechanics, golf etiquette and rules. First class held rain or shine. Those owning clubs should bring them. Clubs are provided during class, if needed (Pro Shop, 240-314-8730.) Call weather line at 240-314-5023 for status of class.

Rain Date: 10/17				
Age: 15+				
22762	W	Sep 12-Oct 10	5:30 pm-6:30 pm	\$60/\$70
Location: RedGate Golf Course/Johnson				

No class 9/22

Rain Date: 10/20

Age: 16+				
22763	Sa	Sep 8-Oct 13	1:30 pm-2:30 pm	\$60/\$70
Location: RedGate Golf Course/Shih				

## Food for Life Cooking Class

### Nutrition and Cooking Class Series for Cancer Prevention and Survival

This 3-course series covers a variety of cancer-related nutrition topics and demonstrates how to prepare full meals while replacing meat, boosting your immune system, and maintaining a healthy weight. Offered through Cancer Project Organization and are open to cancer survivors, friends, family, and anyone interested in cancer prevention and general healthy eating.



Age: 18+

### Replacing Meat

People who avoid meat are much less likely to develop cancer. This is partly due to the high fat and fiber-free characteristics of meat compared to plant foods, but also, as meats are cooked, cancer-causing chemicals, called heterocyclic amines, tend to form within the meat tissue. Learn about and taste a variety of vegetarian sources of protein, which are low in fat, high in fiber, and loaded with cancer-fighting nutrients.

23096	Th	Sep 6	7 pm-8:30 pm	Free
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### Immune-Boosting Foods

The immune system is critically important in fighting cancer. If your immune system is vigilant, it recognizes and destroys cancer cells before they can take hold. Explore foods that are rich in immune-boosting nutrients such as beta-carotene, vitamin C, and zinc. Vegetarians have approximately double the natural killer cell activity (natural killer cells engulf and destroy cancer cells) compared with non-vegetarians.

23107	Th	Oct 4	7 pm-8:30 pm	Free
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### Maintaining a Healthy Weight

Healthy weight control is essential for warding off a variety of chronic diseases, and studies have shown that slimmer people are even less likely to develop cancer. In addition, trimming excess weight may also improve survival after cancer has been diagnosed. Discuss and demonstrate filling fiber- and nutrient-rich dishes that will help you maintain a healthy weight.

23108	Th	Nov 1	7 pm-8:30 pm	Free
Location: Rockville Sr. Ctr.				

# Adult

## Health Fair Flu Shots & Screenings ♥

Come to the 2nd Annual Fall Fest Community Health Fair at Twinbrook Recreation Center on Saturday, November 3 and get a little healthier. Shady Grove Adventist will offer flu shots, lipid profiling and glucose screening. Please note the importance of fasting for 12 hours for the lipid profiling and glucose screening for the most accurate results.

### Lipid Profile

Lipid profile is a blood test that includes total cholesterol, HDL, LDL, triglycerides, and cholesterol, HDL ratios. Twelve hours of fasting is recommended for accurate results. Once you register, the City of Rockville will contact you to set up an appointment time for your convenience. Register by 10/30.

Age: 18+

23116 Sa Nov 3 11 am-2 pm \$35/\$38

### Glucose Screening

Glucose (fasting blood sugar) is a basic screening for diabetes. Twelve hours of fasting is recommended for accurate results. Once you register, the City of Rockville will contact you to set up an appointment time for your convenience. Register by 10/30.

23117 Sa Nov 3 11 am-2 pm \$10/\$12

Location: Twinbrook CRC

## Jazzercise ♥

The original dance exercise phenomenon! Each 60 minute workout blends dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. Routines are fun and easy to follow. Bring weights and a mat.

Age: 16+

22764 M Sep 17-Dec 10 6:30 pm-7:30 pm \$78/\$91

22765 W Sep 19-Dec 12 6:30 pm-7:30 pm \$78/\$91

Location: Julius West MS/Shen

## Kick Boxing ♥

This aerobic-type workout utilizes techniques from boxing, Tae Kwon Do and other martial arts. It emphasizes stretching, conditioning and an aerobic workout.

Age: 14+

22772 M Sep 24-Nov 26 6:30 pm-7:30 pm \$55/\$65

Location: Rockville Sr. Ctr./Latchinian

## Nia - Movement/Fitness ♥

Nia is based on movements that strengthen, open, realign, balance, invigorate and heal the body, mind and spirit. Note: All fitness levels welcome and no previous experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a water bottle and a mat.

No class 11/14 & 11/21

Age: 16+

22691 W Sep 19-Nov 28 6:30 pm-7:45 pm \$67/\$79

Location: Rockville Sr. Ctr./Liss

## Pilates ♥

Enjoy a no-impact, mind/body workout that trains core muscles that stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles and will improve posture, abdominal strength, balance and flexibility. Note: Appropriate for all fitness levels. Bring a mat to class.

Age: 16+

### Beginner

22777 W Sep 19-Nov 7 6:30 pm-7:30 pm \$85/\$100

### Intermediate

22776 W Sep 19-Nov 7 7:30 pm-8:30 pm \$85/\$100

Location: Twinbrook CRC/Doong

## Self-Defense for Women ♥

Anticipating an attack can be the best type of self-defense. Learn safety tips and skills needed for handling various attacks 'on the streets' using the opponent's weakness instead of your own strength. Practice using pressure points, getting out of holds, chokeholds, basic countering to weapons and self-defense.

Age: 15+

22780 Tu Sep 25-Nov 27 7:30 pm-8:30 pm \$50/\$59

Location: World Karate Masters/Latchinian



## Find a mistake?

It is our policy to include something for everyone.

Since some people like to

find errors, we regularly include a few in our publications to meet this need.



# Adult

## Slimnastics ♥

Shape up and increase your flexibility and muscles with well-planned isotonic exercises designed to maintain fitness, improve muscle strength and reduce sports injuries. No running or jumping. Bring a mat. If participant registers for two Slimnastic classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person.

Age: 15+  
22783 M Sep 10-Dec 10 10 am-11 am \$76/\$87  
Location: F. Scott Fitzgerald/Creamer

22786 W Sep 12-Dec 12 10 am-11 am \$76/\$87  
Location: F. Scott Fitzgerald/Creamer

No class 11/23  
22785 F Sep 14-Dec 7 10 am-11 am \$71/\$82  
Location: F. Scott Fitzgerald/Creamer

No class 11/22  
22784 Th Sep 20-Dec 13 6:30 pm-7:30 pm \$65/\$75  
Location: Elwood Smith RC & Pk./Creamer

## Step Interval ♥

Enjoy an invigorating low impact workout using a step platform (provided) and a variety of strength training exercises to improve your body toning and overall fitness level. Bring a water bottle and personal weights to class. All levels welcome.

Age: 16+  
22794 Th Sep 20-Nov 15 6:15 pm-7:15 pm \$49/\$58  
Location: Twinbrook CRC/TBA

## Tae Kwon Do ♥

This co-ed course teaches the basics, from warm-ups and stretches to kicks, blocks, punches, combinations and conditioning. Improve your fitness level, muscle tone, flexibility, strength and self-defense skills at the same time you learn about Tae Kwon Do.

No class 11/22  
Age: 15+  
22800 Th Sep 27-Dec 6 8 pm-9 pm \$50/\$59  
Location: World Karate Masters/Latchinian

## T'ai Chi Ch'uan ♥

Promote your physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage your spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

No class 11/6  
Age: 18+  
22797 Tu Oct 2-Dec 11 7 pm-8 pm \$63/\$74  
Location: Julius West MS/Lamb



Rockville Sister City Corporation

presents

## 4th Annual Fall Wine Tasting Social

featuring Red and White Wines  
from the Pacific Northwest

Rockville Senior Center  
Carnation Room

Friday, November 2  
7:30-9:30 p.m.

Admission Fee: \$25 RSCC members  
\$30 non members

Refreshing appetizers will complement  
flavors of the wines.

For more information call 240-314-5029

# Adults

## Yoga - Basic Flow for Beginners ♥

Enjoy a meditation-in-motion and heat-building style of yoga that increases strength and flexibility and encourages purification of body and mind. Practice poses and breathing through steady and flowing sequences. Bring mat.

Age: 16+

22710 Tu Sep 25-Nov 27 4:30 pm-5:45 pm \$99/\$125

Location: Thrive Yoga/Bowen

## Yoga - Beginner/Cont. ♥

Through conscious breath, flow of movement, alignment, visualization and relaxation, learn how to build strength, endurance and flexibility as you flow through Sun Salutations, standing and seated asana. Appropriate for Beginner and Intermediate students of all ages. Bring a sticky mat and small blanket to class. Note: Those with injuries should consult a physician prior to registration.

No class 11/6

Age: 13+

22711 Tu Sep 18-Dec 11 6:30 pm-7:45 pm \$144/\$159

Location: Twinbrook CRC/Smith

## Yoga - Candlelight Restorative ♥

An opportunity to be still and let go! A slow, deep stretch class that uses props to support the body in order to deepen the benefits of yoga poses. Both soothing and nurturing, this class is for those who want to open to new levels of flexibility and deep breathing while practicing conscious relaxation.

Age: 16+

22712 F Sep 28-Nov 30 6:30 pm-8 pm \$99/\$125

Location: Thrive Yoga/Bowen

## Yoga - Gentle Hatha - Beginner/Cont. ♥

Practice gentle stretching and strengthening exercises for the whole body as well as deep relaxation and breathing techniques for releasing tension. Ideal for people who need to work with more awareness on specific areas, anyone feeling tense and senior citizens in good health. Note: Those with injuries should consult a physician prior to registration. Bring a yoga strap (or bathrobe tie), a foam yoga block and a woven blanket to class.

No class 11/22

Age: 16+

22713 Th Sep 20-Dec 13 7:30 pm-8:45 pm \$144/\$159

Location: Rockville Sr. Ctr./Dodson

## Yoga - Pre-Natal/Post-Natal ♥

Appropriate for any trimester or new Moms. Designed to increase your energy and stamina while building strength, flexibility and balance. Breathing techniques and gentle stretches are used to reduce fatigue and tension while also improving circulation to help you feel more comfortable, relaxed and fit throughout your pregnancy. Connect with other Moms and Moms-to-be in a supportive environment!

Age: 18+

22850 Sa Sep 29-Dec 1 4 pm-5:15 pm \$109/\$125

Location: Thrive Yoga/Staff

## Yoga - Strength, Wholeness & Health ♥

Enjoy a powerful and effective workout in this form of yoga. Vigorous stretches and held postures alternate with breathing, relaxation and visualization. This is specially suited for busy people who want to stay calm, bright and centered in a high-energy world. Note: Bring a sticky mat and a blanket to class.

No class 11/6

Age: 16+

22714 Tu Sep 18-Nov 27 7 pm-8:15 pm \$99/\$109

Location: Elwood Smith RC & Pk./Ruffieux

## Yoga-lates ♥

Join us and experience the core strengthening exercises of Pilates combined with Yoga postures. This will give you a terrific energizing workout. Challenging class for all levels. Bring a mat and a towel to class.

Age: 16+

22715 M Sep 17-Nov 5 8 pm-9 pm \$72/\$85

Location: Rockville Sr. Ctr./Principe

22716 W Sep 19-Nov 7 8 pm-9 pm \$72/\$85

Location: Lakewood ES/Principe



# Adults

## Sports & Leagues

### Fencing ♥

Designed to expose beginners to the Olympic sport of fencing. Course emphasizes safety and proper technique. Equipment provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Foil swords are used which are designed to flex.

Age: 14+  
22751 Sa Sep 8-Nov 17 2 pm-3:20 pm \$140/\$156  
Location: Rockville Ice Arena

22752 Tu Sep 11-Nov 13 7 pm-8:20 pm \$140/\$156  
Location: Rockville Fencing Academy

### Tennis for Adults - Beginner ♥

Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring taught. Bring racquet; balls are provided. Call weather line, 240-314-5023 for class status.

Age: 16+  
22804 M Sep 17-Oct 15 6 pm-6:50 pm \$54/\$64  
Location: Twinbrook CRC/Levine

23454 W Sep 19-Oct 17 6 pm-6:50 pm \$54/\$64  
Location: Dogwood Pk.

### Tennis for Adults - Novice ♥

For players who have a fundamental knowledge of tennis and familiar with grips and strokes but has difficulty sustaining a rally. Learn and review basic strokes, directional hitting, lobs and basic strategy for singles and doubles. Bring a racquet and one can of balls. Call weather line at 240-314-5023 for status of class.

No class 9/22

Age: 16+  
22807 Sa Sep 15-Oct 20 11 am-11:50 am \$54/\$64  
23453 Sa Sep 15-Oct 20 10:30 -11:20 am \$54/\$64  
Location: King Farm Pk./Parish

### Tennis for Adults - Intermediate ♥

For players who can sustain a slow rally but still lack control and depth when hitting with pace. Learn top spin and slices, approach shots, return of serves, lobs and overheads. Percentage tennis, winning tactics and advanced strategy are taught. (NTRP Rating 3.0-3.5) Bring racquet; balls are provided. Call weather line, 240-314-5023 for class status.

Age: 16+  
22805 M Sep 17-Oct 15 7 pm-7:50 pm \$54/\$64  
Location: Twinbrook CRC/Levine

22806 W Sep 19-Oct 17 7 pm-7:50 pm \$54/\$64  
Location: Dogwood Pk.

## WALK Rockville

People who are seeking ways to become more active often overlook the most basic of all exercise . . . walking! It's easy, convenient and free. We have designed 14 walking paths to help you get started.



### EASY AS 1-2-3

1. Explore your own neighborhood or pick a Walk Rockville path.
2. Keep track of the number of steps or miles you've walked. (Log sheets provided)
3. Submit your total miles or steps walked.

Visit [www.rockvillemd.gov/stepup](http://www.rockvillemd.gov/stepup) for details or call 240-314-8620

### WALK Rockville Starter Kit Includes:

- Pedometer • Log Sheets
- Tee Shirt • Water Bottle
- Maps • Fitness Information

Starter kit costs \$10. Available at Rockville City Hall, Twinbrook Community Recreation Center, Lincoln Park Community Recreation Center, Rockville Municipal Swim Center and Rockville Senior Center.



# Adults

## Trips

Registration for trips begins upon receipt of our Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip. Most outdoor activities require some degree of physical fitness. If you are unsure of your abilities, need tips on how to dress, or have any other questions, please call our Outdoor Recreation Programs staff at 240-314-8641. Note: Participants under 18 years of age must be accompanied by an adult.

### Women on the Move ♥

If you are a woman over age 30 and would like to participate in activities without the pressure to 'keep-up' with those half your age...you are a candidate for Women on the Move. Each season, trips are offered to geared toward novices who have a desire to become more physically active in the outdoors. These trips do require effort, but the friends you meet and the sights you see make it all worthwhile! For more information, call 240-314-8627.

### Flying Trapeze School

Here is a new and exciting activity to try! Trapeze School of New York (TSNY) has come to Baltimore and offers a 2-hour introductory class for beginners where you actually fly! The magic of flying (with the aid of ropes, nets and helping hands) is a thrill that is unmatched. Anyone can participate, but keep in mind this is a physical activity and you will be sore following the class. The class lasts from 3:30-5:30 PM, and following the class we will stop for a snack and share stories at a local pub in the Inner Harbor. Registration is limited to 9 people. Cost includes transportation, class fees and leadership. Register by 9/6.

Age: 30+

22994 Su Sep 16 1 pm-8 pm \$59/\$74  
Depart From: Rockville City Hall

### Ride and Relax in Berkley Springs

Enjoy the Fall colors as you take a 2-hour trail ride near Berkley Springs, West Virginia. After the ride spend the afternoon enjoying lunch, antique and craft shopping, or treat yourself to one of the spa treatments at Berkley Springs State Park. Cost includes transportation, trail ride, and leadership. Lunch and additional activities are on your own. Register by 10/16.

22997 Su Nov 4 8 am-6 pm \$59/\$74  
Depart From: Rockville City Hall



## 50<sup>th</sup> Anniversary Celebration

Rockville-Pinneberg Sister City

Sunday, October 7, 2007

Rockville Town Center

6:30 p.m.

Performance by

**Fabulous Hubcaps**

Tickets available at Rockville City Hall

*Meet our Friends  
from Pinneberg . . .*

(Open to Public – Free)

**Wednesday, October 3**

**Official Welcome**

F. Scott Fitzgerald Theatre – 6 pm

Mayor & Council Reception

Glenview Mansion – 8 pm

**Friday, October 5**

**Dedication of Sister City Plaque**

Rockville Town Center

**For more information call 240-314-5029**

Seventh Annual  
**Fall Spooktacular**  
Family Event

**Twinbrook Community  
Recreation Center**

**Saturday, October 27  
1-3 pm**

**Come in Costume**

**Costume Parade and Judging, 2 pm**  
Prizes awarded for scariest, most original,  
funniest and best costumes.

**Halloween Activities,  
Crafts, Pumpkin Painting**

**\$1 per person at door**

City of Rockville Department of Recreation and Parks  
Rockville City Police Department \* Finmarc Management, Inc.

PRESENTS:



**Halloween Family Funfest**

**Saturday, October 20**

**10 am-1 pm**

Potomac Woods Plaza  
1075 Seven Locks Road, Rockville

- Costume Parade
- Rockville Police to discuss Trick or Treat safety
- Face Painting and Pumpkin Decorating
- Scare Crow Making, bring old pants w/belt loops, long sleeve shirts and panty hose to make your own scare crow.

For further information, call:  
Recreation & Parks Dept. at 240-314-8620



**Red Gate**  
Golf Course

RESERVE A FALL TEE TIME

**240-314-8730**

- Reservations taken 14 days in advance
- Reservations are for 18 holes only
- We reserve every other tee time. Walk-ins are welcome.
- Tee times online: [www.rockvillemd.gov](http://www.rockvillemd.gov). Select RedGate
- Tee times by phone: 240-314-8730, press #7
- Tee times day of play: Call after 9 a.m. Visa/Master Card required
- To cancel or reduce number of players, two hour notice required
- Reserved times taken only for twosomes, threesomes & foursomes.



**Drive-In Movie**

**Rockville Civic Center Park**  
603 Edmonston Drive

**Friday, October 20**

**Family Fun: 6-8 pm**

**\$5 per vehicle for field parking for movie.**

**Rockville Cemetery Tours**  
**Croydon "Creep" Nature Center**  
**Glow-in-the-Dark Climbing and more surprises...**

Bring flashlights to navigate the dark field more easily.

# Seniors

Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800

## Registration Dates

**M – MEMBERS** may register as of **Tuesday, Aug. 14**. Members receive a significant discount on program fees and rentals, are eligible to join the Fitness Club, receive a monthly newsletter of events mailed to their homes and are eligible for discount on classes in the Adults section of the Recreation Guide.

**R – RESIDENTS** age 60 and older who live in Rockville but are not members of the Center may begin registering for programs on **Tuesday, Aug. 21**. Residents receive a discounted fee for programs.

**NR – NON-RESIDENTS/NON-MEMBERS** age 60 and older who live outside the City of Rockville limits, and who are not Senior Center members, may begin registering for programs **Tuesday, Aug. 28**. Non-residents/Non-members pay the full price for programs offered at the Center.

## Aging Information, Services and Support

The community may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816. For Spanish, call 240-314-8817. For Chinese, call 240-314-8818.

## Rockville Senior Center

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, aged 60 and older.

**Hours for Senior Use:** Mon.– Fri., 8:30 am – 5 pm  
and Sat., 8:30 am – 1 pm

**Membership Fees:** Rockville Residents \$25/yr.  
Non-Rockville Residents \$125/yr.  
(\$65 spouse)

**Fitness Club Membership Fees:** \$30/yr.  
(must be a Senior Center Member)

For more information, call the Center office at:  
240-314-8800.

For directions 240-314-5019.

For bus transportation and lunch reservations:  
240-314-8810.

## Suburban Hospital Heartwell Program

If you are over 65, have high blood pressure or a heart condition and have a primary care physician, you are encouraged to enroll in the HeartWell program. This program helps teach individuals how to manage their symptoms and reduce hospital admissions. A registered nurse is at the Senior Center on Mon., Wed. and Fri. She will see walk-ins from 9-11 a.m. and will have appointments in the afternoon. Call for appointment: 301-610-0143.

## Transportation: 240-314-8810

- Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate based on income and family size.
- Buses: Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations are required.
- Mall Shopping: Call 240-314-8810 two days in advance to reserve a seat on the bus. Free

**Washingtonian Center: 9/12**

**Westfield Wheaton Mall: 10/9**


**Lakeforest Mall: 11/13**

**Westfield Montgomery Mall: 12/11**

## Senior Center Member Discount

Members of the Senior Center are entitled to a discount on many activities appearing in this Guide. To determine the reduced fee, use the scale below. Indicate the discount on the registration form's discount fee line. Only one discount may be used per person, per activity.

Please note the following exceptions:

- Discounts do not apply to the activities appearing in the senior section.
- Discounts do not apply to trips.
- For senior discounts on swimming classes, see the individual class descriptions in the Swim Center section.
- For more information, call 240-314-8800.
- Discounts are not available on  **rock enroll**

Activity Fee	Discount	Activity Fee	Discount
\$5	\$1	\$20.01-\$40	\$6
\$5.01-\$10	\$2	\$40.01-\$60	\$10
\$10.01-\$20	\$3	\$60.01-\$80	\$14

## Senior Assistance Fund 240-314-8810

Financial assistance for senior classes, day trips, and Senior Center memberships are available. Must meet age and income guidelines. If you would like to donate to this valuable program, send a check made payable to the City of Rockville Senior Assistance Fund and mail it to the Rockville Senior Center, 1150 Carnation Drive, Rockville MD 20850. Online donations accepted through Rock Enroll. Register in course # 21964 through #21967.

## Meal Program 240-314-8810

- Daily Lunch Program: Hot lunches are provided at noon each day, M-F. Participants contribute as much as they are able toward the cost of the meal that is \$4.83. Reservations are required.
- Carnation Supper Club: Join us on Tuesday evenings for dinner, socializing and entertainment. Call for reservations and cancellations. Cost: \$7.00.



# Seniors

## Arts & Enrichment

### Harvest Ball

Celebrate the beautiful Maryland seasonal changes by joining us for our Second Annual Harvest Ball. The John Brown Band will be our guest performer and light catered refreshments round out the event. If you need bus transportation please call the Senior Services Transportation Office at 240-314-8810 by 10/10. Deadline for registering for the Ball 10/10.

22633 Th Oct 25 7 pm-9 pm \$12/\$15/\$19  
Location: Carnation Room

### American Presidency & Electronic Media

Addresses the changes that electronic media have brought to the presidency and the electoral process since Franklin Roosevelt. Emphasis on the televised press conference, presidential debates and how the primary process enhances the role of the media in designating 'winners' and 'losers.' Presented by Dean Paula Matuskey of the Montgomery College Speakers Bureau.

22941 W Sep 19 10:30 am-11:30 am Free/Free/\$2  
Location: Azalea Room

### Antique Street Show

A professional appraiser from Weschler's will come to our 'street' and discuss items brought in by pre-selected participants with regard to the history and value of the collectable. If you have an item to be considered for selection, call 240-314-8820, by 9/21 a staff member will return your call. The appraiser will have a microphone so all can learn and hear about an interesting and varied number of items. Light refreshments and door prizes will be included.

22953 Th Oct 11 1 pm-3 pm \$3/\$4/\$5  
Location: Azalea Room/Beck

## Holiday Bazaar

Rockville Senior Center

9 a.m. - 2 p.m.

Saturday, December 1

- Homemade Craft Show
- Raffle and Door Prizes
- Indoor Yard Sale
- Homemade Food
- Senior Center
- Bake Sale
- Gift Shop & Thrift Shop
- Plant Sale

Buy your Holiday presents early!

## Birthday and Anniversary Parties

Birthdays are always special! Celebrate at the Center with great entertainment and light refreshments. Mark your calendar for this special afternoon of socialization and festivities.

### September Birthday and Anniversary Party

Sponsored By: Ted Task  
Entertainment By: Jim Forero, The Entertainer  
22625 W Sep 5 1:30 pm-3 pm Free/Free/\$2

### October Birthday and Anniversary Party

Sponsored By: Annie and Lewis Rhodes, Jean Ratti  
Entertainment By: Carlton Jackson  
22627 W Oct 3 1:30 pm-3 pm Free/Free/\$2

### November Birthday and Anniversary Party

Sponsored By: Suburban Federal Savings Bank  
Entertainment By: Good Queen Bess  
22626 W Nov 7 1:30 pm-3 pm Free/Free/\$2

### December Birthday and Anniversary Party

Sponsored By: Triple F Club  
Entertainment By: Dale Jarrett Trio  
22628 W Dec 5 1:30 pm-3 pm Free/Free/\$2  
Location: Carnation Room

## Book Club

Do you like enjoyable chats and discussions about books? This exciting informal group of readers meets once a month to discuss books voted upon by the group to be read by all. At the meetings a leader presents discussion questions and moderates members response.

22623 Th Sep 27-Nov 29 10:30 am-11:30 am Free/Free/\$3  
Location: Azalea Room/Beck

## Carnation Players Casting Call

The Carnation Players have issued a casting call for the upcoming season. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you! The Players cannot guarantee fame and fortune but can assure you lots of fun. Help us prepare for two major holiday performances.

22624 Tu Sep 11-Nov 20 3 pm-4 pm Free  
Location: Carnation Room/Beck

Fee = Member/Resident/Non-Resident

# Seniors

## Chinese Group Piano Lessons

Lessons offered in Chinese at the beginner level. Students will learn the fundamentals of music, note reading, rhythm, theory and basic techniques of piano playing. Pianos are available for each lesson and for practice by checking with the Center office. Material fee of \$17 payable to instructor at first class for music book.

22635 Th Sep 27-Nov 1 1 pm-2 pm \$50/\$62/\$77  
Location: Board Room

## Chinese/English Discussion Group

Practice your English skills while discussing current events. Conversations are held in Chinese and English. Everyone is welcome to join us.

23019 F Sep 21-Nov 30 10 am-11:30 am \$12/\$15/\$18  
Location: Board Room

## Citizenship Class

If you have been a U.S. resident for four years and nine months, and would like to become a citizen, sign-up for this class. Instruction in English, communication and preparation for the I.N.S. Naturalization interview. Priority will be given to seniors and members of the Rockville Senior Center. You may register the first day of class.

22993 M & W Sep 10-Nov 14 12:30 pm-2:30 pm \$15/\$20/\$25  
Location: Arts and Crafts Room

## Cooking - Light and Tasty ♥

Eating right never tasted so good and so easy. Enjoy making and sampling four meals with the latest in fat free, low calorie and light ingredients. Dishes include mushroom pepper steak with horseradish mashed potatoes, asparagus tart, simple chicken soup, turkey wrap, strawberry salad, Peking shrimp, and colorful coleslaw.

22726 Th Nov 1 10 am-12 pm \$22/\$28/\$35  
Location: Arts and Crafts Room/Beck



Fee = Member/  
Resident/Non-Resident

## English Classes

For seniors whose first language is not English. The classes include reading, speaking, listening and pronunciation. Include beginner, intermediate and advanced levels. Placement may be revised based on skill or ability.

No class 11/12, 11/21

### Level I

23078 M & W Sep 10-Nov 28 10:15 am-11:15 am \$12/\$15/\$18

### Level III

23079 M Sep 10-Nov 26 10 am-12 pm \$12/\$15/\$18

### Level IV

23080 W Sep 19-Nov 28 10 am-12 pm \$12/\$15/\$18  
Location: Azalea Room

## Fall Into Friendship - Speed Dating

Back by popular demand! Expand your circle of friends using speed dating, the latest way to meet new people. Whether you are looking for a new friend or a new romance, come see what speed dating is all about. Join us on Halloween (costumes encouraged) for an afternoon of fun and rekindle the flames of friendship and romance!

23050 W Oct 31 1:30 pm-3 pm \$5/\$7/\$9  
Location: Dining Room

## Gold Mine History

We are so fortunate to live in Montgomery County with its rich history. Come welcome Walter Goetz from the Montgomery County Historical Society as he discusses our gold mine history. You may be surprised just how close you are to the riches!

22998 W Nov 14 10:30 am-11:30 am \$2/\$3/\$4  
Location: Azalea Room

## Candidates Forum at the Rockville Senior Center

Rockville Mayor and Council elections are held Tuesday, Nov. 6.

*Hear how candidates stand on a variety of issues targeted at Seniors.*

**Thursday, October 25 • 1-3 pm**

# Seniors

## Group Piano

Lessons offered at different levels teach the fundamentals of rhythm, theory and note reading of music. Pianos are available for each lesson, and for practice by checking with the Center office in advance.

### Beginner

22730 M Sep 17-Nov 5 11 am-12 pm \$67/\$84/\$116

### Intermediate I

22731 Tu Sep 18-Nov 6 11 am-12 pm \$67/\$84/\$116

### Intermediate II

22732 M Sep 17-Nov 5 10 am-11 am \$67/\$84/\$116

### Advanced Intermediate

22729 Tu Sep 18-Nov 6 10 am-11 am \$67/\$84/\$116

Location: Board Room/Butenhoff

## How to Choose an Attorney

Most people don't have lawyers on retainer. Ordinarily, one must be found - sometimes hurriedly - when there is a problem to solve. What the attorney does may substantially affect your life and the lives of your family members well into the future. How, then, do you choose the attorney for you? Presented by Arameta Watson, Financial Services Rep. and Angela Rabatin, Attorney.

23084 Tu Oct 30 10 am-12 pm Free

Location: Azalea Room

## Individual Legacy Writing

Have you thought about what you are really 'leaving' your family? Why not write down what is important to you and your family? Get started on writing your 'remembrances.'

23053 Tu Sep 25 & Oct 23 10:30 am-12 pm \$10/\$12/\$14

Location: Azalea Room

## Rockville Senior Center Flu Clinics

Tuesday, October 16, 10 am – 1 pm

This clinic will be for Members only

Wednesday, November 14, 10 am – 12 pm

(\$32 for those without Medicare Part B Insurance)

## Pneumonia Clinic

Thursday, October 18 10 am – 12 pm

(Free with Medicare Part B)

To register call 240-314-8810

## Jefferson Cafe

Presented by Montgomery College Paul Peck Institute for American Culture and Civic Engagement, the mission of the Institute is to increase knowledge of American culture, history, principles and political traditions. Facilitators of this program strive to inspire informed civic participation about critical issues affecting the local, national, and global communities. Participants will receive a pre-Cafe reading so register early. The Institute is made possible by a grant from PBS-MacNeil/Lehrer Productions.

### America and the Habit of More

23047 Th Sep 20 2 pm-3 pm Free/Free/\$2

### The Two-sided American Dream

23048 Th Oct 18 2 pm-3 pm Free/Free/\$2

### Reality TV in America

23049 Th Nov 15 2 pm-3 pm Free/Free/\$2

Location: Azalea Room

## Jewelry Club

If you like wearing jewelry, this is the class for you. Participants will learn the basics from choosing material, using crimp beads and working with wire. Each month our instructor will bring samples of projects and you select the one you'd like to make for the following month. Projects will range in price from \$3 to \$15 and are in addition to the registration fee. At the first session learn to make a bracelet using your choice of beads. \$5 material fee for first class.

22634 Tu Oct 16-Dec 4 10 am-12:30 pm \$10/\$12/\$15

Location: Arts and Crafts Room/Weeks

## Piecemakers' Club

Come join our friendly group of quilters! You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

22734 M Sep 17-Nov 5 12:45 pm-2:45 pm \$8/\$10/\$12

Location: Board Room/Winovich



# Seniors

## Quilt Pattern Mosaics

What a terrific combination - quilt patterns and mosaics! You'll love turning an old favorite quilt pattern into a mosaic piece that can be used as a small table top or hung on the wall. If you can glue it, you can do it! You will learn to use tiles, stained glass, grout and glue to make this truly unique mosaic piece. Note: \$30 payable to instructor at class.

22996 Th Sep 6 10:30 am-1 pm \$5/\$7/\$9  
Location: Ceramics Room

## Real Estate Dollar for Dollar

Where can I buy a house for the same price as I could get for my current home? What would it cost to buy in, for example, Naples, FL., Seattle, WA, Asheville, NC or even in Hawaii? You might be surprised. Presented by Tom Hopper, Realtor.

22911 Th Sep 6 10 am-12 pm Free  
Location: Azalea Room

## ROMEIO

What does ROMEIO stands for? Retired Older Men Eating Out. Join the newest lunch bunch from the Senior Center! We'll meet at the Winston Billiard Cafe and you can purchase lunch on your own. This is just a casual get together to socialize and make new friends.

23051 Tu Oct 30 12 pm-1 pm Free/Free/\$3

## Senior Citizens Chess Club

Join us for an introductory meeting to determine the interest level for forming a Chess Club at the Center. Bring your calendar and chess board and pieces to this initial meeting and play afterwards. Light refreshments will be served. Beginners welcome.

22956 Tu Oct 30 7 pm-10 pm Free/Free/\$2  
Location: Azalea Room

## Veteran's Benefits

The Maryland Department of Veteran's Affairs Program Director, Paul Prozialeck will come speak with us about updates, changes and resources available for both the federal and state levels. There will be time for questions during this informative session.

22952 Th Oct 11 10:30 am-11:30 am Free  
Location: Azalea Room

## Watercolor - Beginner/Continuing

Learn basic techniques, color mixing, and brushwork. Value studies, composition, and experimental approaches will be explored. Note: \$6 material fee for new students payable to the instructor at first class.

22629 Th Sep 20-Nov 8 1 pm-3 pm \$57/\$70/\$84  
Location: Arts and Crafts Room/Ely

## Watercolor - Advanced

Using skills they have already mastered, students will learn new techniques in watercolor. Traditional and contemporary approaches will be offered as well as individualized assistance with brushwork and technique. Come enhance your skills in a comfortable and nurturing atmosphere.

22630 Th Sep 20-Nov 8 10 am-12 pm \$57/\$70/\$84  
Location: Card Room/Ely

## Writing an Ethical Will

A way to pass on to our families and other loved ones our most treasured part of life - the values we believe in and live by. Ethical Wills are the stories of our beliefs and understandings. Come to this workshop to begin thinking about how to write your own personal Ethical Will. The next generation of your family will cherish this most precious of gifts.

23045 Tu Nov 6 10 am-12 pm Free  
Location: Azalea Room

# Computers for Seniors

Before registering for classes we recommend visiting the Rockville Senior Center Computer Lab for course information and placement. [Rockvillecomplab@hotmail.com](mailto:Rockvillecomplab@hotmail.com)

## Clarify Computer Concepts (B)

Now that you have completed the basic introductory classes, you are ready to learn what comes next. Join us as you continue to learn how to use a computer.

22912 W Oct 3 10 am-12 pm \$5/\$7/\$10  
22913 W Nov 7 10 am-12 pm \$5/\$7/\$10  
22914 W Dec 5 10 am-12 pm \$5/\$7/\$10

Location: Computer Lab/Gross

## Recommended Course Sequence for Beginners (B):

- Keyboard & Mouse • Word Processing
- More Word Processing
- Clarify Computer Concepts • Essentials
- Workshops for Beginners "B"



Practice Lab opens Fridays 9:30-11:30 am

# Seniors

## Computer Essentials (B)

Build the necessary foundation toward a better understanding of computer terms and uses. This class is the springboard to a thorough understanding of computer concepts and a prerequisite for all advanced classes. Note: \$3 materials fee payable to instructor at class. Prerequisite: Clarify Computer Concepts. Class meets three 2-hour sessions.

22971 Tu & Th Sep 25-Oct 2 10 am-12 pm \$27/\$33/\$39  
Location: Computer Lab/Bender

## Digital Photo - Beg. & Interm.

Use camera in auto mode and produce images. Emphasis on composition. Learn shooting close-up images, lighting techniques, using flash, and depth of field capabilities. Must be familiar with manual. Bring a digital camera. \$6 manual fee payable to instructor at class. Class meets six 2-hour sessions.

22970 M & W Sep 5-24 10 am-12 pm \$70/\$87/\$106  
Location: Computer Lab/Bender

## Drawing Using WORD & PAINT (B)

This class will introduce you to drawing features in MS Word and in the Windows Paint program. Elementary manipulation of pictures and text in documents will be presented.

23017 W Nov 28-Dec 5 1 pm-3 pm \$8/\$10/\$12  
Location: Computer Lab/Martin

## Games

Learn and play some new and unique computer games, all free and downloadable from the Internet.

22976 Tu Oct 23 1 pm-3 pm \$5/\$7/\$10  
Location: Computer Lab/Bender

## HELP and More (B)

Learn to use the HELP feature that comes with most Windows applications. HELP provides explicit, step by step instructions. Learn to use this feature and how to copy a HELP page directly onto your computer for easy reference.

23018 W Dec 12 1 pm-3 pm \$5/\$7/\$10  
Location: Computer Lab/Martin

### Recommended Intermediate & Advanced Courses:

- Windows XP
- Internet and Email
- MS Word
- Workshops for Intermediates "I"



## Keyboard & Mouse (B)

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions that are essential for all future classes. This class includes a one-hour break for lunch.

22915 Tu Oct 9 10 am-2 pm Free/Free/\$3  
22916 Tu Nov 6 10 am-2 pm Free/Free/\$3  
22917 Tu Dec 4 10 am-2 pm Free/Free/\$3  
Location: Computer Lab

## Maintaining Your Computer (B&I)

Does your system run slowly? Is your desktop loaded with icons? Let us offer you some tips on adjusting and maintaining your system for better performance.

23025 M Dec 10 10 am-12 pm Free/Free/\$5  
Location: Computer Lab/Hickman

## Microsoft EXCEL (I)

Learn how to enter data, create a basic worksheet from worksheet data, and design, develop, format and manipulate spreadsheets with MS Excel. Prerequisite: Computer Essentials. Class meets three 2-hour sessions. Note: \$5 manual fee payable to instructor at class.

22957 M & W Nov 19-26 10 am-12 pm \$20/\$25/\$30  
Location: Computer Lab/Hickman

## Microsoft Word (I)

Using Microsoft Word effectively requires more than just typing. Have you struggled with the appearance of your text, not being able to line up text, collating a list or making your documents look professional? Come join us as we explore these and other features. Class meets three 2-hour sessions. Note: \$5 materials fee payable to instructor at class.

22918 M & W Oct 22-29 10 am-12 pm \$20/\$25/\$30  
Location: Computer Lab/Hickman

## More Word Processing (B)

Learn the details of the Navigation Bar including File, Edit, View, Insert, Format, Tools and Help. Learn what they are and how you can best use them.

23015 W-Th Sep 26-27 1 pm-3 pm \$5/\$7/\$10  
Location: Computer Lab/Martin

**B = Beginner, I = Intermediate/Advanced**

# Seniors

## Personalize Your Computer (B)

Greetings, snazzy wallpaper, personal images, shortcuts, organized icons, toolbars, browser links... Organize your computer to meet your own personal needs. Note: \$5 materials fee due in computer lab 3 days prior to first class.

22975 Tu Oct 23 10 am-12 pm \$5/\$7/\$10  
Location: Computer Lab/Bender

## Right Click - Left Click (B)

Learn to use the right mouse button! Discover its many applications in word processing, copying pictures, file management and customizing your desktop. Many functions can be performed more easily if you know how to use both the left and right mouse buttons.

23013 W Oct 24 1 pm-3 pm \$5/\$7/\$10  
Location: Computer Lab/Martin

## Save/Find/Copy/Move Documents (B)

Do you have trouble finding your documents after you've saved them? Learn simple ways to create folders and locate your documents. Find out how to copy or move pictures or documents from one folder to another and how to make external back-ups.

23014 W Oct 31 1 pm-3 pm \$5/\$7/\$10  
Location: Computer Lab/Martin

## Scanners (B)

A scanner is a hard drive used to input text and / or images into the computer. Learn how to use the flatbed scanner that allows you to place a full piece of paper, book, magazine, photo or any other object onto the scanner and have the capability to scan the object.

23098 M Nov 5 10 am-11:30 am \$5/\$7/\$10  
Location: Computer Lab

## Use & Demo of Burners (I)

Convert your VHS tapes onto a CD. Burn and send documents and photos and make copies of CD's and DVD's for backup. Note: \$5 materials fee due in computer lab 3 days prior to class start.

22973 Tu Oct 2 1 pm-4 pm \$6/\$8/\$10  
Location: Computer Lab/Bender

## Using Toolbars in MS Word (B)

Find out how the numerous toolbars included in MS Word can assist you in word processing and creating and editing pictures.

23016 W Nov 14 1 pm-3 pm \$5/\$7/\$10  
Location: Computer Lab/Martin

## Windows XP (I)

Microsoft's operating system is more than just a means to boot up your computer. Explore the power of the most frequently used and least understood software on your computer. Note: \$10 manual fee payable to instructor at class. Class meets four 2-hour sessions.

22974 M & W Oct 8-17 10 am-12 pm \$38/\$47/\$56  
Location: Computer Lab/Bender

## Word Perfect (I)

Learn the advantages of Word Perfect. Create labels, letterhead, business cards, mail merge, posters and a few surprisers. Class meets two 2-hour sessions. Note: \$5 materials fee payable to instructor at class.

22977 M & W Nov 5-7 1 pm-3 pm \$20/\$25/\$30  
Location: Computer Lab/Bender

## Word Processing (B)

Students should be familiar with the keyboard and mouse. This class offers a hands-on introduction to word processing. Continued learning and practice takes place on Friday mornings from 10:30 a.m.- noon.

22919 Tu & Th Oct 16-18 10:30 am-12 pm \$5/\$7/\$10  
22920 Tu & Th Nov 13-15 10:30 am-12 pm \$5/\$7/\$10  
22921 Tu & Th Dec 11-13 10:30 am-12 pm \$5/\$7/\$10  
Location: Computer Lab

# Fitness & Wellness

## Acupuncture for Seniors ♥

Acupuncture is affordable and effective at treating all sorts of illnesses and lessening symptoms such as pain without interfering with your current medications. According to the World Health Organization acupuncture is effective at treating over 40 different diseases. Plus it feels great - relaxing and energizing at the same time. Presented by Lisa Marie Price, Board Certified Acupuncturist.

22958 M Oct 15 1 pm-2:30 pm Free  
Location: Azalea Room

**B = Beginner, I = Intermediate/Advanced**



# Seniors

## Afternoon Tone and Stretch ♥

Join this tone and stretch class that concentrates on muscle strength and flexibility. Starting gently, you will work every part of the body to improve circulation, strengthen and tone muscles, and relax. Participants will use exercise tubes, weights, Swiss balls and mats.

No class 11/12

22851 M & W Sep 17-Nov 19 1 pm-2 pm \$36/\$45/\$54

Location: Exercise Room/Cristiano

## All Day Exercise ♥

Would you like to try a new exercise class to help spice up your fitness routine? Here is your chance to preview many of the classes that will be offered this Fall. We will offer several 30 minute classes throughout the day. Try as many different classes as you would like. A schedule will be posted of the classes that will be offered, so mark your calendars!

22928 Th Sep 6 10 am-3 pm Free

Location: Exercise Room/Klopfer



## Annual Teddy Bear Walk ♥

Energize your heart and put joy in the hearts of children. Purchase a NEW teddy bear or other stuffed animal and bring it along as we walk from the Senior Center to Shady Grove Hospital (approx. 1 1/2 miles). After presenting the animals to the children, we will meet for a delicious complimentary lunch in the cafeteria and then walk back to the Center. (Van transportation available if needed.) Rain date: 10/12.

22852 Th Oct 11 9:45 am-12:30 pm Free

Location: Exercise Room/Klopfer



## Arthritis Foundation's PACE ♥

People with Arthritis Can Exercise (PACE). Designed by the Arthritis Foundation (AF), uses gentle activities to help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. Our instructor is certified by the AF.

22853 Tu Sep 18-Nov 13 1 pm-2 pm \$25/\$31/\$39

Location: Exercise Room/Cristiano

Fee = Member/Resident/Non-Resident

## Ask the Doctor ♥

Do you wish you had more time to talk with your doctor? Do you leave office visits with unanswered or unexpressed questions? Do you feel uncertain about treatment plans or medication? Dr. Barbara Blaylock, a retired primary care physician and health care advocate, will discuss how to make the most of limited time and suggest ways to communicate more effectively with your doctor.

22991 Tu Sep 11 1 pm-2 pm Free

Location: Azalea Room

## Avoiding Skin Cancer and Wrinkles ♥

Geeta Shah, Dermatologist, will discuss skin cancer and wrinkle prevention. Years of exposure to the sun can cause a variety of lesions and skin conditions. Learn how to recognize and treat them. Understand the importance of yearly skin checks and find out about products that contribute to good skin care.

23021 Th Nov 15 1 pm-2 pm Free

Location: Azalea Room

## Balancing Sorrow & Celebration ♥

When we have suffered the loss of someone dear to us, it is very hard to face the holidays, let alone find ways to even enjoy the holidays. This workshop will help you to think through how to support and care for yourself during this time of year. We will help you to plan ahead so that you do what you want rather than what others want for you.

23046 Tu Dec 4 10 am-12 pm Free

Location: Azalea Room

## Basic Weight Training - Beginners ♥

Designed to emphasize muscle strengthening and toning while learning the basics of weight training. Proper technique and body alignment will be taught while using hand held weights and exercise tubes.

22855 Tu Sep 11 2 pm-3 pm \$6/\$8/\$9

Location: Exercise Room/Klopfer

## Chair Cardio - Mini Session ♥

Try this class and stay active during the holiday season. Get your heart pumping while listening to great music. Stay seated throughout the entire class while getting a great aerobic workout.

22858 M & W Dec 10-19 11 am-12 pm \$8/\$10/\$12

Location: Exercise Room/Witte

# Seniors

## Chair Cardio - Strength ♥

Try this cardio class and get your heart pumping while listening to great music. Stay seated throughout the entire class while getting an aerobic workout. Also includes strength training exercises and stretching.

22927 F Sep 21-Nov 16 11 am-12 pm \$21/\$25/\$31  
Location: Exercise Room/Witte

## Chair Exercise ♥

Exercises are gentle and designed to start slowly and build gradually. For both men and women, the program is done seated. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation. All movements are performed to music.

No Class 11/12  
22859 M & W Sep 17-Nov 19 11 am-12 pm \$36/\$45/\$54  
Location: Exercise Room/Cristiano

## Chronic Lyme Disease ♥

A tick bite may not be obvious with no symptoms but it could be undiagnosed Lyme Disease. Dr. Robert Mozayeni, will discuss the disease; how it affects many organs and joints to cause fatigue, pain and other systemic problems.

22992 Th Sep 20 1 pm-2 pm Free  
Location: Azalea Room

## Support for Spanish Speaker

Do you feel lonely, sad, or depressed? Join our drop-in group and discuss topics of interest to you. This program will meet on the 4th Thursday each month and will be in Spanish. Presented by Affiliated Sante' Group. Class meets 9/20, 10/25, 11/29, 12/13.

22922 Th (see above) 1 pm-2 pm Free  
Location: Azalea Room

## Chinese Dance Exercise Plus ♥

This is not your average exercise class. The instructor makes it fun with the use of fans, chopsticks, small balls and dance. Enjoy body movement including T'ai Chi with fan and acupuncture points with chopsticks while listening to Eastern and Western music.

22862 F Sep 21-Nov 16 1:15 pm-2:15 pm \$6/\$7/\$9  
Location: Exercise Room/Kao

## Chinese Dance Exercise Plus Inter. ♥

For students who have taken at least one session of Exercise Plus.

22861 F Sep 21-Nov 16 2:15 pm-3:15 pm \$6/\$7/\$9  
Location: Exercise Room/Kao

## Fitness Club ♥

Get fit by working out in our state-of-the-art Fitness Room! To join the Fitness Club, you must be a Sr. Ctr. member and complete the Exercise Machine Training Course. A file drawer is available to keep individual records. There is an annual \$30 fitness room fee, payable upon renewal of Center Membership. For Fitness Club Members Only. Mon.-Fri., 8:30 a.m. - 4:50 p.m., Sat., 8:30 a.m. - 12:50 p.m. (Ongoing)

## Exercise Machine Training

Learn how to use the exercise equipment and become a Fitness Club member. Register for the month desired and you will be contacted for an appointment time. After training, scan your membership card at the information desk and wear a Fitness Club badge each time you use the Fitness Room. (Ongoing)

22863 M & W Sep 5-Dec 24 8:30 am-4:050 pm \$30  
Location: Fitness Room/Klopper

## From Heel to Toe ♥

You may have heard of plantar fasciitis, Achilles Tendonitis, neuromas, hammertoes. Many of these conditions are common with aging. Learn what causes them and how they can be treated in this lecture from an orthopedic foot surgeon. He will also discuss some alternatives for arthritic conditions of the feet. Learn how to get back on your feet as soon as possible through medications or surgery.

23020 Th Oct 18 1 pm-2 pm Free  
Location: Azalea Room/Hospital

## Get Control of Your Diabetes ♥

Dr. Mario Belledonne, a Rockville Internist and Nephrologist (kidney specialist), will discuss six clinical trials he is currently conducting for individuals with diabetes, anemia and renal (kidney) failure. His objective is for all diabetics to get good control of their disease so that renal failure can be prevented.

23057 Tu Sep 25 1 pm-2 pm Free  
Location: Azalea Room

## Seniors

### Indoor Walking Class ♥

Now is a great time to commit to a walking program. Feel better, look better and get healthier. Join this safe and fun indoor walking class that will help increase your circulation, boost your immune system and burn calories too! Walk more than 1 mile indoors each class.

22930 Tu Sep 18-Nov 13 12:25 pm-12:55 pm \$14/\$17/\$21  
Location: Exercise Room/Cristiano

### Learn the New Medicare Alphabet ♥

A...B...C...D...PPO...HMO...PFS...Medicare D. Get the information you need to make the best health insurance decision for 2008. Presented by the Senior Health Insurance Assistance Program.

23081 Tu Oct 23 1 pm-2 pm Free  
Location: Azalea Room

### Line Dance - Beginner

Put on your dancin' shoes and join us! Line dances for beginners with progression to intermediate, so you can learn at your own pace. A no-partner activity for men and women.

No class 10/3 & 11/7  
22869 W Sep 12-Nov 21 10:10 am-10:55 am \$36/\$41/\$54  
Location: Carnation Room/Witte

### Line Dance - Mini ♥

Lets keep our feet moving with this fun, easy to follow line dancing class. Continuation of the current fall session.

No class 12/5  
22867 W Nov 28-Dec 12 10:10 am-10:55 am \$8/\$10/\$12  
Location: Carnation Room/Witte

### Line Dance Social ♥

Polish your cowboy boots and get ready to have a rip roarin', foot stompin', good-ole time. No previous experience or partner is necessary. Instructions will be given. Come and enjoy light refreshments and be prepared to have a great time dancing.

22868 Th Sep 20 1 pm-3 pm \$4/\$5/\$6  
Location: Carnation Room/Witte

### Natural Injury Prevention Therapy ♥

Mr. Raju, a former Olympic Therapist, will demonstrate the proper techniques for stretching and massage to help prevent discomfort and injury. He will discuss the benefits of proper exercise to enhance easier movement for the rest of your life.

23029 W Oct 10 1 pm-2:30 pm Free  
Location: Azalea Room

### Nutrition Facts & Fiction ♥

Are your plastic water bottles really safe to use? Can pomegranate juice really fight cancer? Should milk products be avoided when you have a cold? Is some sugar OK for diabetics? Confused by conflicting nutrition and diet messages on TV and radio? Nutritionist Melanie Polk, RD will discuss the latest 'urban legends' about nutrition and help you sort out nutrition facts from fiction.

23058 Tu Oct 9 10 am-11:30 am Free  
Location: Azalea Room

### Personal Trainer ♥

An AFAA certified personal trainer will evaluate your needs and design an individualized program. After registering for activity, you will be contacted to arrange an appointment time. Prerequisite: Must have been trained on the exercise equipment. Refer to Exercise Machine Training. For Fitness Club Members Only. (Ongoing)

#### 1 - One Hour Session

22872 M & W Sep 5-Dec 24 9 am-4:50 pm \$39

#### 2 - One Hour Sessions

22873 M & W Sep 5-Dec 24 9 am-4:50 pm \$64  
Location: Fitness Room/Klopfers

### Responsible Use of Medications ♥

Deena Speights-Napata, Associate Maryland Director for AARP, will discuss the responsible use of medications by seniors. She will also have information on the costs of different prescription drugs and will review how to complete the medication record in the 'Medicine's Made Easy' publication.

23055 W Nov 7 1 pm-2 pm Free  
Location: Azalea Room



# Seniors

## Searching Health Websites ♥

Brittany Rice, Suburban Hospital Medical Librarian will show you how to find reliable health information on the Internet. There is so much info available that it is frequently difficult to discern fact from fiction. Ms. Rice will assist you in evaluation reliable information and in navigating the hospital's new website and links. Additionally she will give you some basic tools for searching for information and provide authoritative websites that you can count on.

23022 Th Dec 13 1 pm-2 pm Free  
Location: Computer Lab

## Senior Ballroom Dance Lessons ♥

Enjoy a great new form of exercise! Come try our fun Ballroom Dance class. Take this easy to follow class and you will have a great time learning the foxtrot, rumba, swing and the merengue.

No class 10/16

22874 Tu Sep 18-Nov 6 10 am-10:45 am \$38/\$47/\$57

23094 Th Sep 20-Nov 8 5:30 pm-6:15 pm \$38/\$47/\$57

Location: Carnation Room/Klansek

## Senior Belly-Dance ♥

An expressive, exciting and energetic activity with movements based on ancient dances of North Africa, the Middle East and Mediterranean. A low impact form of exercise that is suitable for all ages and body types. Receive the benefits of improved posture and muscle tone, weight loss and stress reduction.

No class 11/12

22929 M Oct 1-Nov 26 2 pm-3 pm \$28/\$35/\$44

23056 M Oct 1-Nov 26 5:25 pm-6:25 pm \$28/\$35/\$44

Location: Exercise Room/Basane

## Senior Cardio Workout ♥

Get your blood pumping and your hips shaking with this aerobic dance class. Enjoy this great cardio workout while exercising using easy to follow dance movements. Set your own pace for a workout without strain.

22933 Th Sep 20-Oct 25 6:20 pm-7:15 pm \$18/\$23/\$27

22934 Sa Sep 22-Oct 27 10 am-11 am \$18/\$23/\$27

Location: Carnation Room/Witte

## Senior Fit ♥

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente. All participants must register and have a signed doctor's certificate. Forms are available in front office. (Ongoing)

No class 9/3 & 11/12

22878 M & W Sep 5-Dec 17 1:30 pm-2:15 pm Free

22879 M & W Sep 5-Dec 17 2:20 pm-3:05 pm Free

Location: Carnation Room/TBA

## Senior Pilates - Beginner ♥

This is a gentle class designed for beginners. Learn all of the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this no-impact, mind/body workout using mats. Wear comfortable clothes.

22881 W Sep 26-Nov 21 2 pm-2:45 pm \$46/\$57/\$69

Saturday class only, please bring your own mat.

22932 Sa Sep 22-Oct 27 9 am-9:45 am \$30/\$37/\$45

Location: Carnation Room/Witte

## Senior Pilates - Intermediate ♥

Participant should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this no-impact, mind/body workout using mats. Wear comfortable clothes.

22882 Tu Sep 18-Nov 13 2 pm-2:45 pm \$48/\$60/\$72

22883 Tu & Th Sep 18-Nov 15 2 pm-2:45 pm \$90/\$112/\$135

Location: Exercise Room/Klopfer

## Senior Pilates-Mini Session ♥

A continuation of the current Senior Pilates Fall session. It will consist of six additional classes.

22884 Tu & Th Dec 4-20 2 pm-2:45 pm \$30/\$38/\$47

Location: Exercise Room

# Seniors

## Senior Self-Defense ♥

Try this great new fitness class designed for seniors. Learn self-defense moves that anyone, no matter what age, size, or physical strength can do to protect him/herself. Useful and helpful safety tips that you can use in your home, out walking, shopping, riding a bus, or elevator. For first time registrants, there is an additional one time fee of \$35 for a uniform.

23077 W Sep 19-Nov 14 5 pm-6 pm \$45/\$56/\$70  
Location: Exercise Room/Saleh

## Senior T'ai Chi Ch'uan ♥

This program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movement, it offers relaxation and breathing techniques, and range-of-motion routine. For Senior Center Members Only.

22886 Tu & Th Sep 18-Nov 15 10 am-10:50 am Free  
22887 Tu & Th Dec 4-20 10 am-10:50 am Free  
Location: Exercise Room/Tuanmu

## Seniors on the Ball ♥

An exercise class using the large 'Swiss Ball.' Add variety, challenge and fun to your fitness program while working on core strength and balance. 'Swiss Balls' will be provided.

22889 Tu & Th Sep 18-Nov 15 9 am-9:45 am \$56/\$70/\$87  
Location: Exercise Room/Witte

## Soft Aerobics ♥

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Set your own pace for a workout without strain.

22891 Tu & Th Sep 18-Nov 15 11 am-12 pm \$36/\$45/\$54  
Location: Carnation Room/Klopfer

## Soft Aerobic - Mini Session ♥

This class is a continuation of the current session.

22890 Tu & Th Dec 4-20 11 am-12 pm \$12/\$15/\$19  
Location: Carnation Room/Klopfer

## Strength Training Basics ♥

This class is designed to emphasize muscle strengthening and toning. You will learn proper technique and body alignment using hand held weights and exercise tubes. Appropriate for Beginners and Intermediates.

22892 Tu Nov 27 2 pm-3 pm \$7/\$8/\$9  
Location: Exercise Room/Klopfer



## Sugarloaf Mountain Walk ♥

Get those hiking shoes out and explore Sugarloaf Mountain.

Enjoy a beautiful autumn day and see the changing colors of the leaves. Hike with a picnic on the mountain. Bring a bag lunch and beverage. Wear comfortable shoes and clothing.

22893 F Sep 28 9:30 am-2:30 pm \$14/\$17/\$19  
Location: Lobby/Cristiano

## The New Attitudes ♥

A spin-off group from Soft Aerobics class that performs at various functions throughout the year at senior centers, nursing homes and at special events. If interested in learning, practicing and performing choreographed dance routines, join this energetic group and be a 'star.' Participants must register for Soft Aerobics class.

22899 Th Sep 20-Nov 15 12 pm-12:30 pm Free  
Location: Exercise Room/Witte

## Tome Control de su Diabetes ♥

El Doctor de Medicina General mario Belledonne, especializado en medicina Interna y Nefrologia (Especialidad en rifones). Esta conduciendo seis diferentes estudios clinicos con pacientes diabeticos. Actulmente el Doctor Belledonne esta realizando un estudio de investigacion para pacientes con diabetes, anemia y problemas renales. El objetivo de este estudio es que los pacientes con diabetis puedan tener un mejor control de su enfermedad y asi prevenir enfermedades futuras como problmeas renales.

23062 Th Sep 27 2 pm-3 pm Free  
Location: Azalea Room

# Seniors

## Toning Table Training ♥

Training is required to use the toning tables in the Fitness Room. Register for the month desired. You will be contacted for an appointment time. Bring a towel. Wear long pants and socks. Must be a Senior Center member and a Fitness Club member to use tables. \$30 fee payable when your Senior Center membership is due. (Ongoing)

22900 M, Tu & W Sep 17-Jan 3 10 am-11 am \$8  
Location: Fitness Room/Cristiano

## Total Conditioning Workout ♥

This strength building, non-cardio fitness class is for both men and women. It offers a workout designed to produce improvement in strength, flexibility and balance using hand held weight, bands and tubes. The workout intensity may be modified to suit any fitness level.

No class 11/12

22901 M Sep 17-Nov 19 10 am-10:45 am \$31/\$38/\$47  
Location: Exercise Room/Klopper

## Weight Loss Challenge ♥

Whether you have just a few extra pounds or more than a few, let the Senior Center Wellness and Fitness staff assist you in obtaining your healthy lifestyle goals through our new weight loss program. Meet with our Wellness Coordinator and Fitness Specialist on Thursday mornings for your weekly weigh in and counseling on healthier lifestyle choices. At first meeting, Sept. 20, we will discuss program guidelines.

22972 Th Sep 20-Nov 15 10 am-11 am \$30/\$37/\$45  
Location: Health Room

## Yoga ♥

Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. Note: Wear comfortable, loose-fitting clothing.

No class 11/14

22902 W & F Sep 19-Nov 21 9:50 am-10:50 am \$80/\$100/\$120  
Location: Exercise Room/Figure

## Yoga - Mini ♥

This will be a continuation of the current class.

22903 W & F Dec 5-14 9:05 am-10:50 am \$18/\$23/\$29  
Location: Exercise Room/Figure

# Sports & Leagues

## Badminton for Seniors ♥

Come join the fun. All levels welcome. Learn to play or improve your game. Instructor is a National Senior Olympic Gold Medalist. Located at Twinbrook Community Recreation Center which has a wooden floor that has been lined for badminton. Free to Sr. Ctr. members and Rockville residents. (Ongoing)

22854 W & F Sep 19-Jan 4 8:45 am-9:45 am Free/Free/\$10  
Location: Gymnasium/Shannon

## Bocce Ball Club ♥

Bocce is easy to learn and can be enjoyed at all levels. We have a great court located behind the Senior Center and have formed a club. If interested in joining a team, call Jackie Cristiano at 240-314-8825. (Ongoing) For members only.

22856 Tu & Th Sep 4-Oct 11 10 am-11 am Free  
Location: Bocce Ball Court/Galasso

## Game Room Activities - Day ♥

Pool tables, table tennis and dart board are available for your enjoyment. Practice games, clinics, instruction and tournaments will be held. For Senior Center Members only. Mon.-Fri., 8:30 a.m.-4:50 p.m., Sat., 8:30 a.m.-12:50 p.m. Table Tennis available at Twinbrook Community Recreation Center, Wed., 9-10 a.m.

22864 M-Sa Sep 17-Dec 15 8:30 am-4:50 pm Free  
Location: Game Room

## Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. The department will make every effort to accommodate those on the waiting list (adding classes, etc.) If any openings become available, we will then go to the waiting list to fill the class.





# Seniors

## Newcomb Volleyball ♥

Have fun and get fit! Newcomb is a form of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Come out and play at Twinbrook Community Recreation Center. Free to Sr. Ctr. members and Rockville residents. (Ongoing)

22923 W & F Sep 12-Dec 21 10 am-11 am Free/Free/\$10  
Location: Gymnasium/Shannon

## Senior Duffers ♥

You still have a few more weeks to play! Come enjoy the rest of the season of golf before winter sets in. Play is arranged at local golf courses. All levels of ability are invited to join. However, this is not a teaching activity. Both 9-hole and 18-hole play are available.

22877 M Sep 10-Oct 22 8 am-1 pm \$5/\$6/\$8  
Location: TBA/Sissala

## Senior Pool Tournament ♥

Come join us for a friendly Pool Tournament in December at the Rockville Senior Center.

22885 Th Dec 13 10 am-12 pm Free  
Location: Game Room/TBA

## Senior Tennis - Intermediate ♥

Come join a fun group of intermediate level tennis enthusiasts and play a friendly game or two at Woodley Gardens tennis courts. Not a teaching activity. Must register at the Rockville Senior Center to participate in this activity.

22888 F Sep 14-Oct 19 9 am-10:30 am Free/Free/\$12  
Location: Tennis Court #1/TBA

## Table Tennis - Intermediate ♥

For those who have had experience playing with a basic knowledge of the rules and scoring. Not only is it fun to play but also aids in dexterity, flexibility, coordination, and reflexes. Paddles and balls available.

22894 W Sep 26-Oct 31 1 pm-1:55 pm \$21/\$26/\$31  
Location: Game Room/Shinn

## Table Tennis - Beginner ♥

For those who have had little or no experience playing table tennis. Learn techniques and also a basic knowledge of the rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls available.

22895 M Sep 24-Oct 29 12:45 pm-1:45 pm \$21/\$26/\$32  
Location: Carnation Room/TBA

## Table Tennis Tournament ♥

There has been an increased interest in table tennis. Let's all get together in December and have a friendly competition. Prizes will be awarded. Must be a Senior Center Member.

22896 Th Dec 6 10 am-12 pm Free  
Location: Carnation Room/Cristiano

## Ten Pin Rockin' Rollers ♥

When was the last time someone cheered for you? Have a ball with this social league. New members welcome. Weekly \$5.50 fee, payable directly to Shady Grove Fairlanes (15720 Shady Grove Rd.) day of play and includes three games and shoe rental. (Ongoing)

22897 Th Sep 13-Dec 27 1 pm-3 pm Free  
Location: Bowling Alley/Jaques

## Ten Pin Rockin' Rollers Tournament ♥

Come join us for a friendly bowling tournament in December at Shady Grove Fairlane Bowling Alley. \$5.50 fee payable directly to Shady Grove Fairlanes day of the tournament. All senior are invited to play. Must register at the Rockville Senior Ctr.

22898 Th Dec 13 1 pm-4 pm Free  
Location: Bowling Alley/Jaques

## To Move or To Stay?

Are you considering giving up your home?  
Should you adapt your home to meet your needs?

**What choice is right for you?**

**Outstanding speakers plus English Tea**

Thurs., Nov. 8, 12:30 – 4:00 pm

**Free**

To register call 240-314-8810

# Seniors

## Trips

Registration procedure for all trips: An in-person lottery registration will be held on Monday, August 20 at the Senior Center. Interested member and city residents may draw lottery numbers from 10:15 -10:30 a.m. with numbers called in random order. Registrations will be accepted at the Senior Center only. Non-residents and non-members may register as of Monday, August 27. Individuals may register for themselves and one other person. Fee listed is payable at the time of registration. Senior Center membership dues must be current through day of trip to receive member fee.

### Tarara Winery - Tour and Tasting

We'll travel to Leesburg, Va for a tour and tasting of award-winning wines in the Winemaker's cave at Tarara and then enjoy a box lunch made especially for us. Take in the scenery along the Potomac River and enjoy the day on the other side of the river. Trip includes transportation, leadership, tour tasting, and lunch.

23054 Tu Sep 11 9 am-3 pm \$56/\$70/\$88  
Depart From: Glenview Mansion

### Fall Mystery Trip

Here we go again - but the question is WHERE???? Join us for another adventure to \_\_\_\_\_. Trust us to make sure you have lots of laughs, lots of lunch and lots of fun. Trip includes leadership, lunch, transportation and surprises.

22631 M Oct 15 9 am-4 pm \$57/\$71/\$89  
Depart From: Glenview Mansion

### My Fair Lady

Lerner & Loewe's legendary musical, 'My Fair Lady' premieres in the US following its 50th Anniversary London production. We are fortunate to have orchestra seats to the best show in town! One of Broadway's most beloved scores includes 'The Rain In Spain,' 'I Could Have Danced All Night' and 'Get Me to the Church On Time.' Trip includes leadership, transportation and orchestra seat at the hippodrome theatre.

22995 Th Nov 8 5 pm-11:30 pm \$95/\$119/\$149  
Depart From: Glenview Mansion

### Christmas In the Country

Poised atop scenic, historic Turner's Gap, the Old South Mountain Inn, founded in 1732 and decorated beautifully for the holidays will be our fine dining stop for the evening. After dinner we will travel to Seneca Creek State Park for the Winter Lights Festival, an illuminated drive with 380 displays and 65 animated vignettes. This trip to the country will be the perfect beginning to the holidays. Trip includes dinner, leadership, admission and transportation.

23052 Th Dec 6 3:30 pm-8:30 pm \$55/\$69/\$86  
Depart From: Glenview Mansion

### Allenberry Holiday Show

The Pennsylvania countryside will glow with the warmth of the upcoming holiday season as we travel first to Ashcombe Market and then to Allenberry Playhouse and Inn. For over 50 years Allenberry has been producing professional theatre and this musical, 'Santas Favorite Gift' will be no different. Enjoy the bountiful buffet lunch and theatre at its best. Trip includes leadership, lunch, show & transportation.

22632 Tu Dec 11 8 am-6:30 pm \$83/\$104/\$130  
Depart From: Glenview Mansion



**Showcase your talent!!**

**Rockville Senior  
Center Dance Expo**

**November 1  
1-3:30 pm**

Group of 10 or more performers - \$8  
Group of 5-9 performers - \$6  
Group less than 4 - \$5

For additional information  
contact Chris Klopfer - 240-314-8822  
or Gaile Witte - 240-314-8826

355 Martins Lane, Rockville, MD 20850 • 240-314-8750

# Aquatics

## Rockville Municipal Swim Center

The Swim Center, has two indoor heated pools and two outdoor heated pools, 150 foot waterslide, saunas, whirlpool and health/exercise rooms. Different types of membership are available or you can pay a daily admission fee.

**M= Member • NM= Non Member**

You will only receive the discounted rate if your membership is up-to-date.

### Registration Procedures

**Starting at 8:30 a.m.**

**Residents & Members:**

Tuesday, August 14

**Non-Residents & Non-Members:**

Thursday, August 28

**Registration Deadline:**

2 weeks prior to start date.

**No class 11/22-25**

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. \$10 withdrawal fee for all issued refunds. \$5 fee for switching classes.

**Mail to:**

**or**

**Fax to:**

Swimming Lessons  
Rockville Municipal Swim Center  
355 Martins Lane  
Rockville, MD 20850

Swimming Lessons  
240-314-8759



### Adult/Child Classes:

An adult **MUST** accompany **EACH** child into the water for each Adult/Child class and a signed doctor's permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting vinyl pants. Pants are on sale at the Swim Center.

## Adult/Child Swim

### Bobbers 1 - Adult/Child ♥

Along with a parent, children learn to adjust to the water! They learn the simple water skills such as submerging, floating, kicking and arm stroking.

Ages: 3-5

23191	Sa	Sep 8-Oct 20	11:25am-11:55am	\$62/\$77
23193	Sa	Sep 8-Oct 20	9am-9:30am	\$62/\$77
23195	Su	Sep 9-Oct 21	9:15am-9:45am	\$60/\$75
23437	Su	Sep 9-Oct 21	11am-11:30am	\$62/\$77
23189	Th	Sep 13-Oct 25	9:30am-10am	\$62/\$77
23192	Sa	Oct 27-Dec 15	11:25am-11:55am	\$62/\$77
23194	Sa	Oct 27-Dec 15	9am-9:30am	\$62/\$77
23196	Su	Oct 28-Dec 16	9:15am-9:45am	\$62/\$77
23199	Su	Oct 28-Dec 16	11am-11:30am	\$62/\$77
23190	Th	Nov 1-Dec 13	9:30am-10am	\$53/\$66

Location: North Pool

### Bobbers 2 - Adult/Child ♥

Children who already know how to do a front float with a kick should take this class. Children will work on back floats, combining parts of the crawl stroke, and endurance. Work in the deep end is done as well.

Ages: 3-5

23200	Sa	Sep 8-Oct 20	9:35am-10:05am	\$62/\$77
23202	Sa	Sep 8-Oct 20	8:25am-8:55am	\$62/\$77
23204	Su	Sep 9-Oct 21	8:40am-9:10am	\$62/\$77
23201	Sa	Oct 27-Dec 15	9:35am-10:05am	\$62/\$77
23203	Sa	Oct 27-Dec 15	8:25am-8:55am	\$62/\$77
23205	Su	Oct 28-Dec 16	8:40am-9:10am	\$62/\$77

Location: North Pool

### Bubblers 1 - Adult/Child ♥

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. An adult **MUST** accompany **EACH** child into the water and a signed doctors permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

Ages: 6 months-18 months

23210	Sa	Sep 8-Oct 20	10:50am-11:20am	\$62/\$77
23208	Su	Sep 9-Oct 21	10:25am-10:55am	\$62/\$77
23206	Tu	Sep 11-Oct 23	9am-9:30am	\$62/\$77
23211	Sa	Oct 27-Dec 15	10:50am-11:20am	\$62/\$77
23209	Su	Oct 28-Dec 16	10:25am-10:55am	\$62/\$77
23207	Tu	Oct 30-Dec 11	9am-9:30am	\$62/\$77

Location: North Pool



# Aquatics

## Bubblers 2 - Adult/Child ♥

Tots with little or no experience are welcome! Children learn the basics of swimming such as submerging, floating, kicking and arm stroking. An adult MUST accompany EACH child into the water and a signed doctors permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

Ages: 18 months-36 months

23212	Sa	Sep 8-Oct 20	10:10am-10:40am	\$62/\$77
23216	Su	Sep 9-Oct 21	9:50am-10:20am	\$62/\$77
23219	Su	Sep 9-Oct 21	11:30am-12 noon	\$62/\$77
23221	Th	Sep 13-Oct 25	9am-9:30am	\$62/\$77
23213	Sa	Oct 27-Dec 15	10:10am-10:40am	\$62/\$77
23217	Su	Oct 28-Dec 16	9:50am-10:20am	\$62/\$77
23220	Su	Oct 28-Dec 16	11:30am-12 noon	\$62/\$77
23218	Th	Nov 1-Dec 13	9am-9:30am	\$53/\$66

Location: North Pool

## Preschool Swim

We love parents but . . . in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Thank you for your cooperation. Registration deadline for all activities is two (2) weeks prior to the start of the class, unless otherwise noted.

## Floater 1 ♥

Floater 1 is designed for children who need to become adjusted to the water. Children will learn to do front/back floats, kicking, and arm stroking as well as putting their face in the water. They also will learn to swim five yards on their front and back.

Ages: 4-6

23241	Sa	Sep 8-Oct 20	9am-9:40am	\$65/\$81
23243	Sa	Sep 8-Oct 20	10:30am-11:10am	\$65/\$81
23244	Sa	Sep 8-Oct 20	11:15am-11:55am	\$65/\$81
23249	Su	Sep 9-Oct 21	9am-9:40am	\$65/\$81
23250	Su	Sep 9-Oct 21	9:45am-10:25am	\$65/\$81
23251	Su	Sep 9-Oct 21	10:30am-11:10am	\$65/\$81
23252	Su	Sep 9-Oct 21	11:15am-11:55am	\$65/\$81
23247	M	Sep 10-Oct 22	3:30pm-4pm	\$65/\$81
23245	F	Sep 14-Oct 26	4pm-4:30pm	\$65/\$81
23254	Sa	Oct 27-Dec 15	9am-9:40am	\$63/\$79
23256	Sa	Oct 27-Dec 15	10:30am-11:10am	\$63/\$79
23257	Su	Oct 28-Dec 16	9am-9:40am	\$63/\$79
23258	Su	Oct 28-Dec 16	9:45am-10:25am	\$65/\$81
23259	Su	Oct 28-Dec 16	10:30am-11:10am	\$63/\$79
23260	Su	Oct 28-Dec 16	11:15am-11:55am	\$65/\$81
23248	M	Oct 29-Dec 10	3:30pm-4pm	\$65/\$81
23246	F	Nov 2-Dec 14	4pm-4:30pm	\$56/\$70

23459	M	Sep 10-Oct 22	4:30pm-5pm	\$65/\$81
23460	M	Oct 29-Dec 10	4:30pm-5pm	\$65/\$81
23461	Tu	Sep 11-Oct 23	4:30pm-5pm	\$65/\$81
23462	Tu	Oct 30- Dec11	4:30pm-5pm	\$65/\$81
23463	W	Sep 12- Oct 24	4pm-4:30pm	\$65/\$81
23464	W	Oct 31-Dec 12	4pm-4:30pm	\$65/\$81
23465	Th	Sep 13-Oct 25	5pm-5:30pm	\$65/\$81
23466	Th	Nov 1- Dec 13	5pm-5:30pm	\$56/\$70

Location: North Pool

## Floater 2 ♥

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. Children will continue to work on and develop basic swimming skill such as front/back glides, kicking, arm strokes and rhythmic breathing.

Ages: 4-6

23271	Sa	Sep 8-Oct 20	9:45am-10:25am	\$65/\$81
23272	Sa	Sep 8-Oct 20	11:15am-11:55am	\$65/\$81
23273	Su	Sep 9-Oct 21	9:45am-10:25am	\$65/\$81
23274	Su	Sep 9-Oct 21	11:15am-11:55am	\$65/\$81
23261	M	Sep 10-Oct 22	4pm-4:30pm	\$65/\$81
23263	Tu	Sep 11-Oct 23	5pm-5:30pm	\$65/\$81
23265	W	Sep 12-Oct 24	3:30pm-4pm	\$65/\$81
23267	Th	Sep 13-Oct 25	5pm-5:30pm	\$65/\$81
23269	F	Sep 14-Oct 26	3:30pm-4pm	\$65/\$81
23275	Sa	Oct 27-Dec 15	9:45am-10:25am	\$65/\$81
23276	Sa	Oct 27-Dec 15	11:15am-11:55am	\$65/\$81
23277	Su	Oct 28-Dec 16	9:45am-10:25am	\$65/\$81
23278	Su	Oct 28-Dec 16	11:15am-11:55am	\$65/\$81
23262	M	Oct 29-Dec 10	4pm-4:30pm	\$65/\$81
23264	Tu	Oct 30-Dec 11	5pm-5:30pm	\$65/\$81
23266	W	Oct 31-Dec 12	3:30pm-4pm	\$65/\$81
23268	Th	Nov 1-Dec 13	5pm-5:30pm	\$56/\$70
23270	F	Nov 2-Dec 14	3:30pm-4pm	\$56/\$70
23467	Tu	Sep 11-Oct 23	5:30pm-6pm	\$65/\$81
23468	Tu	Oct 30- Dec 11	5:30pm-6pm	\$65/\$81

Location: North Pool

## Strokers 1 ♥

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least 8 yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Ages: 4-6

23329	Sa	Sep 8-Oct 20	9am-9:40am	\$65/\$81
23330	Sa	Sep 8-Oct 20	10:30am-11:10am	\$65/\$81
23331	Su	Sep 9-Oct 21	9am-9:40am	\$65/\$81
23332	Su	Sep 9-Oct 21	11:15am-11:55am	\$65/\$81
23321	M	Sep 10-Oct 22	4:30pm-5pm	\$65/\$81
23323	W	Sep 12-Oct 24	4pm-4:30pm	\$65/\$81
23325	Th	Sep 13-Oct 25	5:30pm-6pm	\$65/\$81
23327	F	Sep 14-Oct 26	4:30pm-5pm	\$65/\$81

# Aquatics

## Children's Swim

We love parents but . . . to assist us in offering a quality program for your child, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans. Thank you for your cooperation.

23333	Sa	Oct 27-Dec 15	10:30am-11:10am	\$65/\$81
23334	Su	Oct 28-Dec 16	9am-9:40am	\$65/\$81
23322	M	Oct 29-Dec 10	4:30pm-5pm	\$65/\$81
23324	W	Oct 31-Dec 12	4pm-4:30pm	\$65/\$81
23326	Th	Nov 1-Dec 13	5:30pm-6pm	\$56/\$70
23328	F	Nov 2-Dec 14	4:30pm-5pm	\$56/\$70
23469	T	Sep 11-Oct 23	5pm-5:30pm	\$65/\$81
23470	Tu	Oct 30-Dec 11	5pm-5:30pm	\$65/\$81
23471	F	Sep 14-Oct 26	3:30pm-4pm	\$65/\$81
23472	F	Nov 2-Dec 14	3:30pm-4pm	\$56/\$70

Location: North Pool

## Strokers 2 ♥

Children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water should take this class. Children will work on perfecting front/back crawl, and treading water. Students will be introduced to elementary backstroke and breaststroke.

Ages: 4-6

23341	Sa	Sep 8-Oct 20	9:45am-10:25am	\$65/\$81
23342	Sa	Sep 8-Oct 20	11:15am-11:55am	\$65/\$81
23343	Su	Sep 9-Oct 21	9:45am-10:25am	\$65/\$81
23346	Tu	Sep 11-Oct 23	5:30pm-6pm	\$65/\$81
23339	W	Sep 12-Oct 24	4:30pm-5pm	\$65/\$81
23344	Su	Oct 28-Dec 16	9:45am-10:25am	\$65/\$81
23345	Su	Oct 28-Dec 16	11:15am-11:55am	\$65/\$81
23347	Tu	Oct 30-Dec 11	5:30pm-6pm	\$65/\$81
23340	W	Oct 31-Dec 12	4:30pm-5pm	\$65/\$81
23473	M	Sep 10- Oct 22	4pm-4:30pm	\$65/\$81
23474	M	Oct 29- Dec 10	4pm-4:30pm	\$65/\$81
23475	W	Sep 12- Oct 24	3:30pm-4pm	\$65/\$81
23476	W	Oct 31- Dec 12	3:30pm-4pm	\$56/\$70
23477	Th	Sep 13-Oct 25	5:30pm-6pm	\$65/\$81
23478	Th	Nov 1- Dec 13	5:30pm-6pm	\$65/\$81
23479	F	Sep 14- Oct 26	4pm-4:30pm	\$65/\$81
23480	F	Nov 2- Dec 14	4pm-4:30pm	\$56/\$70

Location: North Pool

## NEW RESIDENT TO ROCKVILLE??

Visit our City's "Online Welcome Kit" at [www.rockvillemd.gov/welcome](http://www.rockvillemd.gov/welcome) designed to help new residents easily find important information.

## Swim Team Prep ♥

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breaststroke. Breaststroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to take this class.

Ages: 7+

23356	Sa	Sep 8-Oct 20	9:45am-10:25am	\$58/\$72
23359	Su	Sep 9-Oct 21	9am-9:40am	\$58/\$72
23360	Su	Sep 9-Oct 21	10:30am-11:10am	\$58/\$72
23357	Sa	Oct 27-Dec 15	9:45am-10:25am	\$58/\$72
23361	Sa	Oct 27-Dec 15	11:15am-11:55am	\$58/\$72
23362	Su	Oct 28-Dec 16	9:45am-10:25am	\$58/\$72
23363	Su	Oct 28-Dec 16	10:30am-11:10am	\$58/\$72

Location: North Pool

## Youth 1 ♥

Water adjustment is the focus. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be comfortable putting their face all the way in the water. Must be comfortable in the water and with ALL of these skills prior to moving on to Youth 2.

Ages: 6+

23374	Sa	Sep 8-Oct 20	9:45am-10:25am	\$58/\$72
23375	Sa	Sep 8-Oct 20	10:30am-11:10am	\$58/\$72
23376	Su	Sep 9-Oct 21	10:30am-11:10am	\$58/\$72
23379	Su	Sep 9-Oct 21	12 noon-12:40pm	\$58/\$72
23372	Tu	Sep 11-Oct 23	4:30pm-5pm	\$58/\$72
23377	Sa	Oct 27-Dec 15	9am-9:40am	\$58/\$72
23378	Su	Oct 28-Dec 16	10:30am-11:10am	\$58/\$72
23380	Su	Oct 28-Dec 16	12 noon-12:40pm	\$58/\$72
23373	Tu	Oct 30-Dec 11	4:30pm-5pm	\$58/\$72
23481	M	Sep 10- Oct 22	3:30pm-4pm	\$58/\$72
23482	M	Oct 29- Dec 10	3:30pm-4pm	\$58/\$72
23483	W	Sep 12-Oct 24	4:30pm-5pm	\$58/\$72
23484	W	Oct 31- Dec 12	4:30pm-5pm	\$58/\$72
23485	Th	Sep 13- Oct 25	4:30pm-5pm	\$58/\$72
23486	Th	Nov 1- Dec 13	4:30pm-5pm	\$50/\$63

Location: North Pool

# Aquatics

## Youth 2 ♥

Children who can submerge for 5-10 seconds and do a front float should take this class. They will work on basic swimming skills such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing.

Ages: 6+

23381	Sa	Sep 8-Oct 20	9am-9:40am	\$58/\$72
23382	Sa	Sep 8-Oct 20	10:30am-11:10am	\$58/\$72
23383	Su	Sep 9-Oct 21	9am-9:40am	\$58/\$72
23384	Su	Sep 9-Oct 21	12 noon-12:40pm	\$58/\$72
23387	Th	Sep 13-Oct 25	4:30pm-5pm	\$58/\$72
23385	Sa	Oct 27-Dec 15	9:45am-10:25am	\$58/\$72
23386	Su	Oct 28-Dec 16	9am-9:40am	\$58/\$72
23389	Su	Oct 28-Dec 9	10:30am-11:10am	\$58/\$72
23390	Su	Oct 28-Dec 9	12 noon-12:40pm	\$58/\$72
23388	Th	Nov 1-Dec 13	4:30pm-5pm	\$50/\$63
23487	F	Sept 14-Oct 26	4:30pm-5pm	\$58/\$72
23488	F	Nov 2- Dec 14	4:30pm-5pm	\$50/\$63

Location: North Pool

## Youth 3 ♥

Children who can swim a combined stroke for five yards (kicking while moving their arms) on the front and back should take this class. Children will learn to develop stroke improvement, back crawl, whip kick, treading water and rhythmic breathing.

Ages: 6+

23391	Sa	Sep 8-Oct 20	9am-9:40am	\$58/\$72
23392	Sa	Sep 8-Oct 20	10:30am-11:10am	\$58/\$72
23393	Sa	Sep 8-Oct 20	11:15am-11:55am	\$58/\$72
23394	Su	Sep 9-Oct 28	9:45am-10:25am	\$58/\$72
23395	Su	Sep 9-Oct 21	10:30am-11:10am	\$58/\$72
23396	Su	Sep 9-Oct 21	12 noon-12:40pm	\$58/\$72
23397	Sa	Oct 27-Dec 15	9am-9:40am	\$58/\$72
23398	Su	Oct 28-Dec 16	9am-9:40am	\$58/\$72
23399	Su	Oct 28-Dec 16	10:30am-11:10am	\$58/\$70
23400	Su	Oct 28-Dec 16	12 noon-12:40pm	\$58/\$72

Location: North Pool



## Youth 4 ♥

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke as well as butterfly arms.

Ages: 6+

23401	Sa	Sep 8-Oct 20	10:30am-11:10am	\$58/\$72
23402	Sa	Sep 8-Oct 20	11:15am-11:55am	\$58/\$72
23403	Su	Sep 9-Oct 21	9am-9:40am	\$58/\$72
23404	Su	Sep 9-Oct 21	10:30am-11:10am	\$58/\$72
23405	Su	Sep 9-Oct 21	11:15am-11:55am	\$58/\$72
23406	Sa	Oct 27-Dec 15	11:15am-11:55am	\$58/\$72
23407	Su	Oct 28-Dec 16	9am-9:40am	\$58/\$72
23408	Su	Oct 28-Dec 16	9:45am-10:25am	\$58/\$72
23409	Su	Oct 28-Dec 16	11:15am-11:55am	\$58/\$72

Location: South Pool

## Youth 5 ♥

Children who can already swim one length of front crawl, back crawl and can swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water should take this class. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

Ages: 6+

23412	Sa	Sep 8-Oct 20	9:45am-10:25am	\$58/\$72
23413	Sa	Sep 8-Oct 20	11:15am-11:55am	\$58/\$72
23414	Su	Sep 9-Oct 21	9am-9:40am	\$58/\$72
23415	Su	Sep 9-Oct 21	9:45am-10:25am	\$58/\$72
23416	Su	Sep 9-Oct 21	11:15am-11:55am	\$58/\$72
23417	Sa	Oct 27-Dec 15	9:45am-10:25am	\$58/\$72
23418	Su	Oct 28-Dec 16	9:45am-10:25am	\$58/\$72
23419	Su	Oct 28-Dec 16	11:15am-11:55am	\$58/\$72

Location: South Pool

## Youth 6 ♥

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of sidestroke, all in good form, is required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Ages: 6+

23421	Sa	Sep 8-Oct 20	9am-9:40am	\$58/\$72
23423	Su	Sep 9-Oct 21	9:45am-10:25am	\$58/\$72
23424	Su	Sep 9-Oct 21	10:30am-11:10am	\$58/\$72
23425	Sa	Oct 27-Dec 15	10:30am-11:10am	\$58/\$72
23426	Su	Oct 28-Dec 16	9am-9:40am	\$58/\$72

Location: South Pool



# Aquatics

## Youth 7 ♥

Swimmers who are able to swim two lengths (50 yards) of freestyle and backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers MUST have passed Youth 5 & 6 in order to take this class.

Ages: 6+

23428	Sa	Sep 8-Oct 20	9am-9:40am	\$58/\$72
23430	Su	Sep 9-Oct 21	9am-9:40am	\$58/\$72
23431	Su	Sep 9-Oct 21	11:15am-11:55am	\$58/\$72
23433	Sa	Oct 27-Dec 15	10:30am-11:10am	\$58/\$72
23434	Su	Oct 28-Dec 16	10:30am-11:10am	\$58/\$72
23436	Su	Oct 28-Dec 16	11:15am-11:55am	\$58/\$72

Location: South Pool

## Adult Swim

### Adult Beginner 1 ♥

Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. This is an aquatic orientation class.

Ages: 14+

23138	W	Sep 12-Oct 24	8:30pm-9:15pm	\$58/\$72
23143	W	Oct 31-Dec 12	8:30pm-9:15pm	\$58/\$72

Location: South Pool

### Adult Beginner 2 ♥

Designed for adults who know the basics of swimming but need to work on stroke coordination and rhythmic breathing. Adult Beginner 1 recommended prior to attending.

Ages: 14+

23148	Tu	Sep 11-Oct 23	8:20pm-9:05pm	\$58/\$72
23144	W	Sep 12-Oct 24	8:30pm-9:15pm	\$58/\$72
23151	Th	Nov 1-Dec 13	8:20pm-9pm	\$50/\$63

Location: South Pool

### Adult Beginner 3 ♥

Prerequisite: Swimmers should be at home in deep water, able to tread water and swim 20 yards of crawl stroke and back crawl. Adult Beginner 2 is recommended prior to taking this class. Class will help students refine the crawl stroke, back crawl and teach the elementary backstroke and breaststroke.

Ages: 14+

23152	Th	Sep 13-Oct 25	8:20pm-9pm	\$58/\$72
23153	Tu	Oct 30-Dec 11	8:20pm-9pm	\$58/\$72

Location: South Pool

## Adult Stroke Correction ♥

Swimmers who have accomplished the basics but need to refine their strokes should take this class. Back crawl, front crawl, breaststroke and sidestroke will be developed. Endurance and breathing are stressed. These sessions are not for Beginners! Adult Beginner 3 is recommended prior to attending.

Ages: 14+

23159	W	Oct 31-Dec 12	8:30pm-9:15pm	\$58/\$72
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Location: South Pool

## Adult Water Fitness

### Aqua Blast ♥

Start the day off right-have a blast! Fast paced water exercise class for people who want to workout in the morning. This low-impact high-energy workout is great for both sexes. You do not have to swim to benefit from this class. Music is used. This class is a combination of the Tues./Thurs. cardio training classes.

Ages: 18+

23164	Tu & Th	Sep 11-Dec 13	6:35am-7:20am	\$115/\$134
23191	Tu & Th	Sep 11-Dec 13	8:20pm-9:05am	\$115/\$134

Location: South Pool

### Aqua Boogie ♥

Join us for this aquatic dance class that will move and shake your muscles in the water! Various genres of music used from swing to jazz to boogie. Keep in shape and learn new dance steps at the same time! A great mid-morning work out.

Ages: 14+

23166	Th	Sep 13-Dec 13	10:10am-10:55am	\$56/\$70
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Location: South Pool

### Aqua Fitness ♥

Class emphasizes aerobics, stretching and toning. Some swimming is done in the Mon., Wed. and Fri. classes. Music is used in the Tues./Thurs. classes. Classes are taught in deep and shallow water.

Ages: 16+

23167	M & W	Sep 10-Dec 12	8:30am-9:15am	\$119/\$138
23168	M & W	Sep 10-Dec 12	9:15am-10am	\$119/\$138
23173	Tu & Th	Sep 11-Dec 13	8:30am-9:15am	\$115/\$134
23174	Tu & Th	Sep 11-Dec 13	9:15am-10am	\$115/\$134
23175	F	Sep 14-Dec 14	8:30am-9:15am	\$56/\$70
23176	F	Sep 14-Dec 14	9:15am-10am	\$56/\$70

Location: North Pool

# Aquatics

## Aqua Jog ♥

This jogging class will take you from deep water to shallow water, using the waters' resistance to help with your workout. Participants provided with a belt or can bring their own. You can step up the moves for a more cardio workout or tone it down for a low impact, strengthening workout. Music may be used.

Ages: 14+

23182 Tu Sep 11-Dec 11 10:15am-11am \$60/\$75

Location: South Pool

## Deep Water Workout ♥

Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy! This will work your legs and help tone your whole body. Music may or may not be used.

Ages: 16+

23231 M Sep 10-Dec 10 9:15am-10am \$60/\$75

23234 Tu Sep 11-Dec 11 7:35pm-8:20pm \$60/\$75

23232 W Sep 12-Dec 12 9:15am-10am \$60/\$75

23235 Th Sep 13-Dec 13 7:35pm-8:20pm \$56/\$70

23233 F Sep 14-Dec 14 9:15am-10am \$56/\$70

Location: South Pool

## H2O Walking ♥

A fitness program that involves walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Thirty minutes of water walking equals two hours of land walking. Taught in deep and shallow water. Music may be used.

Ages: 15+

23284 M Sep 10-Dec 10 9:15am-10am \$60/\$75

23287 Tu Sep 11-Dec 11 7:35pm-8:20pm \$60/\$75

23285 W Sep 12-Dec 12 9:15am-10am \$60/\$75

23288 Th Sep 13-Dec 13 7:35pm-8:20pm \$56/\$70

Location: South Pool

## Noodle-cise ♥

A noodle is a long foam swim aid that most people see children playing with in the pool! But this is a shallow to deep workout utilizing the noodle! This class will help strengthening and tone muscles in a fun, unique way. Music may be used.

Ages: 14+

23298 Tu Sep 11-Dec 11 9:30am-10:15am \$60/\$75

Location: South Pool

## Swim 4 Fitness ♥

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Do not have to be a proficient swimmer to enroll but must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Ages: 15+

23348 Tu Sep 11-Dec 11 11:10am-11:55am \$60/\$75

23349 Tu Sep 11-Dec 11 9:15pm-10pm \$60/\$75

23350 Th Sep 13-Dec 13 11:10am-11:55am \$56/\$70

23351 Th Sep 13-Dec 13 9:15pm-10pm \$56/\$70

Location: North Pool

## Twinges in Your Hinges ♥

Designed for those suffering from Arthritis, Fibromyalgia, Joint Replacements, Stenosis, Traumatic Brain Injuries, Multiple Sclerosis, Stroke and other related disorders. Geared towards increasing muscle strength, flexibility, range of motion, endurance, increasing your cardiovascular system and pain reduction.

Ages: 14+

23364 M & W Sep 10-Dec 12 9:15am-10:15am \$147/\$175

23366 Tu & Th Sep 11-Dec 13 8:30am-9:30am \$142/\$170

Location: North Pool



# Aquatics

## Senior Swim

### 60 Plus Swim ♥

Maintain a younger you by taking our dynamic water exercise/swim class. Designed to emphasize stretching and toning to keep you healthier. Swim equipment is used and class is taught to music. Note: Senior residents pay member fee.

Ages: 60+  
23136 Tu & Th Sep 11-Dec 13 2pm-2:45pm \$60/\$75  
Location: South Pool

## Senior Adult Exercise Swim ♥

Need to stop aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay member fee.

Ages: 60+  
23306 M & W Sep 10-Dec 12 2:30pm-3:15pm \$63/\$79  
Location: North Pool

## Senior Aquacize ♥

Senior citizens will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay member fee.

Ages: 60+  
23308 M, W & F Sep 10-Dec 14 10:10am-10:55am \$93/\$114  
Location: North Pool

## Senior Aquacize - Advanced ♥

Same as Senior Aquacize only faster paced. Note: Senior residents pay member fee.

Ages: 60+  
23310 M, W & F Sep 10-Dec 14 11:5am-11:50am \$93/\$114  
Location: South Pool

Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

**REGISTER EARLY!**

## Special Swim

### Aqua MS ♥

Exercise class or individuals suffering from MS. Geared toward increasing flexibility, improving ambulating, coordinating fine motor skills and building endurance in a warm and friendly environment.

Ages: 18+  
23183 Tu & Th Sep 11-Dec 13 9:30am-10:30am \$142/\$170  
Location: North Pool

## Aqua Pre and Post-Natal Workout ♥

This course designed with the needs of women who are currently pregnant or recently have delivered their child. This low-impact class will help keep you fit during and after your pregnancy. Check with your doctor before starting this class.

Ages: 18+  
23185 F Sep 14-Dec 14 9:15am-10am \$69/\$86  
Location: South Pool

## Aquatic Doctor's Orders ♥

The doctors have spoken. Now practice what they preach! Water provides a stress-free environment in which to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise class. Tailored to individual needs.

Ages: 18+  
23187 Tu & Th Sep 11-Dec 13 10:10am-10:55am \$142/\$170  
Location: North Pool

## CPR/AED for the Professional Rescuer ♥

The purpose of this American Red Cross course is to teach professional rescuers the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of automated external defibrillation to care for a victim of cardiac arrest. This class is perfect for nurses, technicians, lifeguards, doctors, EMT's, paramedics and anyone else in the health care profession.

Ages: 15+  
23227 Su Sep 10-Sep 10 11am-7pm \$100/\$125  
23228 Su Oct 8-Oct 8 11am-7pm \$100/\$125  
23229 Su Nov 12-Nov 12 11am-7pm \$100/\$125  
23230 Su Dec 17-Dec 17 11am-7pm \$100/\$125  
Location: Conference Room

Fee = Resident/Non-Resident



# Aquatics

## Rockville Masters Swimming ♥

Designed specifically for swimmers who are competing in the Masters Program of United States Swimming Inc. Those participating in the RMSC group will not, however, be required to 'attach' to RMSC for team purposes. A structured swimming workout with a professional coach. Participants expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Ages: 18+

23301	M	Sep 10-Dec 10	6:30am-7:30am	\$75/\$94
23300	M & W	Sep 10-Dec 12	6:30am-7:30am	\$126/\$147
23299	M, W & F	Sep 10-Dec 14	6:30am-7:30am	\$172/\$193

Location: South Pool

## Women's Synchronized Swimming ♥

Join us and combine swimming and exercise at the same time. This exciting class will teach you water movements and the strokes you need. Class may be split according to ability.

Ages: 18+

23371	Tu	Sep 11-Dec 11	9:40am-11am	\$75/\$94
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Location: South Pool

## Lifeguard Pre Test ♥

Participants must be 15 years old by course completion! Attendance to ALL classes is 100% Mandatory - No Exceptions. Participants must be able to swim 300 yards (100 breaststroke, 100 front crawl, 100 choice of breast or free), retrieve a 10 pound diving brick from 7-10 feet of water and swim with it 20 yards in 100 seconds and MUST pass the pre-test to register for Lifeguard Training! Pre Test fee is NON REFUNDABLE! Please call for class times!

23457	Th	Dec. 27	11am-11:30am	\$20
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Location: South Pool

## Lifeguard Training ♥

Applicants must pass the pretest in order to participate in this course. Class includes first-aid and CPR-FPR. Note: Participant must be 15 years old by course completion. This is an American Red Cross class.

23458	Th	Dec 27	11:30am- 7pm
	F	Dec 28	11am- 7pm
	Sa	Dec 29	11am- 7pm
	Su	Dec 30	11am- 7pm

Location: South Pool \$130

Fee = Resident/Non-Resident

## ROCKIN' REWARDS

**Earn 1 Rockin' Reward point for every dollar spent!**

**Use points to pay for our programs.**

### HOW IT WORKS . . .

- Register in a course or purchase a membership, and your family account will be credited 1 point for every dollar spent.
- Special incentive for Step Up to Health. Double your points! Register for a SUTH program ♥ and earn 2 points for every dollar spent.
- Points are added to account two weeks after start of next registration period. Membership points are credited when pass expires.

### REDEEMING POINTS . .

- Registrant must have all points needed — 40 points per dollar cost. No combination of points and cash/check/credit card accepted.
- 800 minimum point redemption (or \$20). Dollar value of course or membership must be greater than \$20.
- To pay for a course or membership with points, visit any of our Recreation Centers, City Hall, or mail/fax in your registration. Note: Paying with points is not an option if registering online or by phone.

**Rockin' Rewards is our way of saying "Thank You" for Getting Up, Getting Out and Getting Active**

# Cultural Arts

## F. SCOTT FITZGERALD THEATRE

### 2007 Fall/Winter Performances

#### Victorian Lyric Opera Company

##### Desiree

September 14, 8 p.m.

September 16, 2 p.m.

Tickets: \$20 Adults

\$15 Students/Senior Citizens

#### Victorian Lyric Opera Company

##### Second Annual Gala & Fundraiser

September 15, 8 p.m.

Tickets: \$50 per person (\$65 per person after 8/31)

\$80 per couple (\$95 per couple after 8/31)

#### The Finest! Youth Performance Troupe

##### Collage of Fashion

September 21, 8 p.m.

Tickets: \$12 Adults

\$7 Children (18 & under)

\$7 Senior Citizens (60 +)

#### Rockville Little Theatre

##### Hay Fever

September 27, 8 p.m. (Preview)

September 28, 29, October 5 & 6- 8 p.m.

September 30 & October 7, 2 p.m.

Tickets: \$7 Preview Night (all tickets)

\$16 Adults

\$14 Senior Citizens (62 +)

\$14 Children (18 & under)

#### Rockville Concert Band

##### Fall/Winter Concert Series

Dr. Vincent Patterson, Director

Free. Donations accepted.

October 14, 3 p.m.

November 18, 4 p.m. (50<sup>th</sup> Anniversary Gala Concert)

December 16, 3 p.m. (Holiday Concert)

#### Rockville Musical Theatre

##### Into The Woods

November 1, 8 p.m.

November 2, 3, 9, 10, 16 & 17, 8 p.m.

November 4 & 11, 2 p.m.

Tickets: \$4 Night (Senior)

\$20 Adults

\$18 Senior Citizens

\$16 Children (18 & under)

#### Rockville Chorus

Bryan Serth, Director

##### Holiday Concert

December 16, 7:30 p.m.

Free. Donations accepted.

### F. Scott Fitzgerald Theatre Box Office

**Hours:** Tues. – Sat., 2-7 p.m.  
and two hours prior to performance time

**Location:** F. Scott Fitzgerald Theatre  
Rockville Civic Center Park  
603 Edmonston Drive, Rockville, MD 20851  
240-314-8690  
[www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre)

## Rockville Civic Ballet

# The Nutcracker

Saturday, December 1 & 8, 2 p.m. & 7:30 p.m.

Sunday, December 2 & 9, 2 p.m.

**Tickets:** \$12 Adults

\$8 Children (12 & under)

\$8 Senior Citizens (60+)

**Group Rates:** \$11.50 for 7 or more Adult tickets

\$7.50 for 10 or more Children/Senior Citizen tickets

Under the direction of Claudia Mangan, the ballet company will present the holiday classic that has become a Rockville tradition.

Assigned seat tickets may be purchased in person, by phone, or by mail order at the F. Scott Fitzgerald Theatre Box Office, beginning Nov. 7.

*Join Clara on her magical journey!*



# Cultural Arts

## Rockville Arts Sampler

### Tenth Anniversary Celebration

F. Scott Fitzgerald Theatre  
Rockville Civic Center Park

October 21, 2007

2 p.m.

Rockville Arts Sampler offers a flavor of the City resident companies. Vignettes by the Rockville Civic Ballet, Rockville Chorus, Rockville Concert Band, Rockville Regional Youth Orchestra, The Finest! Youth Performance Troupe, Rockville Little Theatre, Rockville Musical Theatre and Victorian Lyric Opera Company. Visual presentations by Rockville Art League and VisArts. Afternoon presentation of the 2007 Rockville Arts Awards. Event is free; no tickets required.

## Rockville Arts Awards

Seeking nominations for the 2007 Rockville Arts Awards, sponsored by the Mayor and Council and the Cultural Arts Commission. Awards honor individuals, arts organizations and arts patrons for their involvement and support for the arts in Rockville. Awards presented during the Rockville Arts Sampler on October 21.

Four nomination categories: Rockville High School Student for achievement in the performing, visual or literary arts; volunteer support to the arts; corporate and business support to the arts; and lifetime achievement for work with the visual, performing or literary arts.

Nomination forms available at Rockville City Hall, Glenview Mansion, F. Scott Fitzgerald Theatre, Rockville Senior Center and Rockville Municipal Swim Center. The deadline to submit nomination forms is Monday, September 10. For information, call Betty Wisda, Arts Programs Supervisor, 240-314-8681.

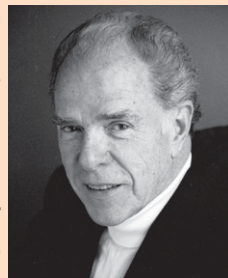
## Twelfth Annual

## F. Scott Fitzgerald Literary Conference

October 13, 2007

Montgomery College  
Rockville Campus

William Kennedy will be the recipient of the F. Scott Fitzgerald Literary Award for Outstanding Achievement in American Literature. Kennedy was awarded the Pulitzer Prize for his novel, *Ironweed*. He received



the National Book Critics Circle Award and was granted the John D. and Catherine T. MacArthur Foundation Fellowship. He was elected to the American Academy of Arts and Letters in 1993 and the Academy of Arts and Science in 2002. The award presentation will cap off the one-day conference with a reading by Kennedy.

## Back by popular demand!

- A visit to Fitzgerald's sites in Rockville
- "How to Get Published" workshop
- Reading of excerpts from writings of Fitzgerald
- Writing workshops featuring nationally known writers.

**Call 301-309-9461  
for registration information.**



## Sunday Afternoon Concert Series

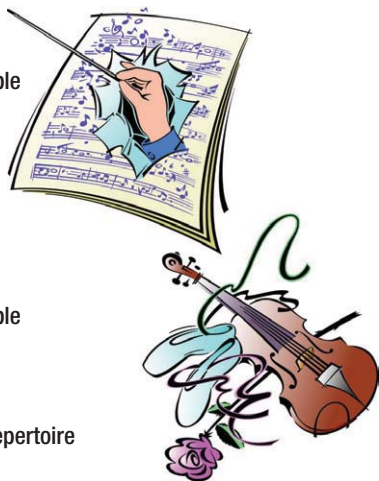
**Glenview Mansion at Rockville Civic Center Park**  
 Conservatory 1st floor  
 FREE - no ticket required  
 2 p.m. performance  
 More information - 240-314-8682

**September 9**  
 US Navy Band  
 Chamber Ensemble

**October 7**  
 Project Natale  
 Smooth Jazz

**November 4**  
 US Navy Band  
 Chamber Ensemble

**December 2**  
 Rockville Singers  
 Varied Holiday Repertoire



## Cultural Arts

### Rockville Regional Youth Orchestra

The Rockville Regional Youth Orchestra (RRYO) consists of approximately 50 student musicians in grades 4-9. Under the direction of Bryan Seith (Sandy Springs Friends Instrumental Music teacher), the RRYO is an opportunity for kids to participate in a quality youth orchestra program. The experience is intended to complement existing musical education. Plus, it's fun!

Auditions will be held on the evenings of September 18, 19 and 20. To schedule an audition, please call Julie Farrell at 240-314-8682 or e-mail: [jfarrell@rockvillemd.gov](mailto:jfarrell@rockvillemd.gov).



## Glenview Mansion Art Gallery

More information 240-314-8682

**August 5 – 28**

**Chuck Bress** – B&W fiber based gelatin photographs  
 “A Grate Life” (Winters spent on DC’s steam grates)

**Sherill Anne Gross** – paper collage  
 “Beauty Rituals/Herbert the Pangolin”

**Josh Yavelburg** – oil painting on canvas  
 “Figurative Painting”

Reception: August 5, 1-4 p.m.  
 Artist Talk: August 9, 7:30 p.m.

**September 9 – October 2**

**Montgomery College Full Time Art Faculty Show**  
 – “Unity in Diversity” representing all full time faculties from four campuses: Rockville, Takoma Park, Germantown & The School of Art and Design at Montgomery College

Reception: September 9, 1-4 p.m.  
 Artist Talk: September 20, 7:30 p.m.  
 Featuring Virginia Mecklenberg, Senior Curator, Smithsonian American Art Museum

**October 7- 30**

**Michael Janis** – kiln formed glass “Individual & Society”

**Sue Pierce** – fiber/experimental quilts, mixed media

**Yumiko Yoshida** – mixed media “Relation of a Season”

Reception: October 7, 1-4 p.m.  
 Artist Talk: October 18, 7:30 p.m.

**November 4 - 27**

**Jo Fleming** – oil & acrylic paintings “Of Forest and Field”

**Isabelle Robinson** – mixed media assemblages “Of Forest and Field”

**Sunhee Kim Jung** – oil paintings “Harmony within Lives”

**Novie Trump** – ceramics “Artifacts: Earth and Sky”

Reception: November 4, 2007, 1-4 p.m.  
 Artist Talk: November 15, 2007, 7:30 p.m.

**December 2 – January 1**

**Rockville Art League** - not part of the juried exhibitions selection process

Reception: December 2, 1-4 p.m.

## NYSCA Certification

*(National Youth  
Sports Coaches'  
Association)*

Certified volunteers needed to coach Youth Soccer and Basketball. The NYSCA program prepares and trains coaches and provides secondary liability insurance upon completion of training. Contact Lou Clark, 240-314-8653 for a schedule of certification clinics.



## Officials Needed

Individuals, at least 16 years of age, needed to officiate games in our youth and adult leagues. Salary is determined by a number of factors including previous officiating experience, education and level of competition. For more information call the Sports Division Team at 240-314-8620.

- **Youth Tackle/Flag Football** – Friday Evenings; Saturdays; Ages 6-14. Training begins in August.
- **Youth Baseball** – Sundays; Ages 8-15. Training in late August.
- **Youth and Adult Basketball** – Saturday and Sunday hours; Ages 7-18; also, adult leagues. Training in late November and December.
- **Youth and Adult Soccer** – Saturdays (youth); weekday evenings (adult). Ages 5-13. Training in late August.



Let us help you with your next party!

## PARTIES FOR CHILDREN

### Croydon Creek Nature Center

Fee: \$180 (R) / \$204 (NR) for 10 participants  
\$10 for each additional person

Saturday: 10:30 am-1 pm and 2-4:30 pm

Sunday 2-4:30 pm

Ages: 3+ Maximum children: 25

Theme: Naturalist-led one-hour program

Other: Fee includes invitations and a T-shirt for the birthday child.  
All participants make and take home a nature craft.

Note: BYO refreshments.

For information: 240-314-8770

### Twinbrook Community Rec. Center

Rental Fee: \$35(R)/\$46 (NR) per hour

Party Package: Hourly rental fee plus \$30(R)/\$35(NR) include:  
plates, cups, napkins, tablecloth, forks, spoons, knives  
and balloons for 20 people.

Additional \$30 (R)/\$35 (NR) allows use half the gym  
for 1 hour (Not offered Jan.-Mar.).

Theme: You choose the theme, we decorate. You provide the  
entertainment, food and supervision.

For information: 240-314-8830

### Climbing Gym

Fee: \$150(R)/\$200(NR) for 8 participants  
\$20 per additional person (2 hour party)

Saturday: 1-3 p.m. and 4-6 p.m. Sunday: 1-3 p.m. and 4-6 p.m.

Ages: 6+ • Maximum number 15

Theme: Professional climbing instructors  
teach and supervise the children.

Other: Fee includes all climbing equipment, instruction,  
invitations and a T-shirt for the birthday child.

Note: BYO refreshments.

For information: 240-314-8643

### Rockville Sk8Park

Fee: \$150 (R)/\$200 (NR)

2 hour party, Saturday or Sunday only, 9:30-11:30 am

All ages – Maximum number of children: 20

Note: BYO refreshments.

For information: 240-314-8620

### Lincoln Park Community Center

Room or Gym rental available from

\$5/hour to \$45/hour includes room rental only

Theme: You choose the theme, use our gym for a basketball  
party or try the MultiPurpose Room for a small party.

(Each rental receives one free hour before  
and after their rental to set up and clean up)

For information: 240-314-8780

R=Rockville Resident / NR= Non Rockville Resident

**Rockville 10K/5K**  
32nd Anniversary 11.04.07 King Farm Village Center

**Sunday, November 4, 2007**

**8:30 a.m.**

King Farm Village Center  
King Farm Blvd. and Pleasant Drive

**Register Early and save Online**

\$25 by October 26  
\$27 by November 3 • \$30 on Race Day

**Hosted by**

City of Rockville Mayor and Council and  
Department of Recreation and Parks

**Presented by:** Regency Centers  
& King Farm Village Center

- 10K/5K Awards/Random Prizes
- All race participants will receive a long-sleeve T-shirt, a post-race brunch and are eligible for a host of random prizes.
- For a race brochure and entry form, send a SASE to: Rockville 10K/5K, City of Rockville, Department of Recreation and Parks, 111 Maryland Avenue, Rockville MD 20850-2354
- Register online: [www.MCRRRC.org](http://www.MCRRRC.org)
- Race benefits the Rockville Recreation Fund
- Race management provided by the Montgomery County Road Runners Club

**DARCARS Young Run**

**October 21, 2007 • 9 a.m.**

**Gude Drive at Route 355**

Just for Kids 12 and Under  
Choose from 3 Different Races  
1/4 mile 1/2 mile 1 mile

**Online registration!**

(Entry fee discounted online)

**Only \$3.00**

Register at [WWW.MCRRRC.ORG/DYR](http://WWW.MCRRRC.ORG/DYR)  
For more information, call 301-353-0200



## Rockville Antique and Classic Car Show

**Saturday, October 20, 2007**

**11 a.m. – 4 p.m.**

Rockville Civic Center Park

Rain Date: Saturday, October 27



### Featuring:

More than 400 Vintage Vehicles  
Rockin'ville Swing Band  
Food and Beverages  
Children's Activities

For recorded information, call 240-314-5022.  
For a registration form visit the City's Web site at [www.rockvillemd.gov/events](http://www.rockvillemd.gov/events) or call 240-314-8605



## Adult fall WORKSHOPS

### HAVE A BALL ON THE STABILITY BALL!

What one piece of exercise equipment can work your core, trim thighs, strengthen arms and lower back, develop deltoids, and tighten your tush?

Thursday, September 27  
7:30-9 p.m.

Rockville Senior Center  
\$15 residents; \$18 nonresidents  
Course #23443 (ages 18+)

### BUILD YOUR WELLNESS TOOLBOX

*What does your wellness  
toolbox contain?*

Explore 10 areas of health and 'stock' your toolbox with information and fit tips to 'build' better health.

Monday, October 15 - 7-8:30 p.m.  
Rockville Senior Center  
\$15 residents; \$18 nonresidents  
Course #23442 (ages 18+)

## Growers Only FARMERS' MARKET

### Same Locations for 2007

Farm-fresh fruits and vegetables, bedding plants, cut flowers, preserves, herbs, baked goods, and more are available at Rockville's downtown Farmers' Market. Each week the Farmers' Market transforms itself as different fruits and vegetables become available throughout the season.

**All items are fresh picked daily.**

East Montgomery Ave.

**Wednesdays**, through Oct. 24  
11 a.m. - 2 p.m.

Corner of Route 28 & Monroe St.

**Saturdays**, through Oct. 27  
9 a.m. - 1 p.m.

## You are invited to go Out To Lunch Wednesdays

June 6 - October 24  
11 a.m. - 2 p.m.

East Montgomery Avenue  
Rockville Town Center



East Montgomery Avenue becomes a festival every Wednesday with great food and services available from Ben and Jerry's, California Tortilla, Giuseppe's Pizza Plus, Potbelly Sandwich Works, QL Barber and Tara Asia, delicious local music and farm-fresh fruits and vegetables, plants, flowers, herbs, baked goods and more at the Rockville Farmers' Market.

8/8	John Cocuzzi	Swing
8/15	The Grandsons	Rock & Rol
8/22	Dixie Power Trio	New Orlean Jazz
8/29	Rita Clarke and the Naturals	Bayou Rythms
9/5	The Newports	Classic Oldies
9/12	Eric Scott	Soul/Pop
9/19	Rockfish	Rock
9/26	Swing Speak	Jazz

For more info. on both events call or visit our website  
240-314-8620 • [www.rockvillemd.gov/events](http://www.rockvillemd.gov/events)

## Directions to Frequently Used Parks and Facilities from Rockville City Hall

**Beall E.S.**, 451 Beall Ave.

Rt. 355 north to left at fire station onto Beall Ave.

Five blocks to school on right.

**Broome Gym & Athletic Pk.**, 751 Twinbrook Pkwy.

Rt 28 east to right onto Baltimore Rd. Baltimore Rd. to right onto Twinbrook Pkwy. School on left, fields behind school.

**Calvin Pk.**, 1248 Gladstone Dr.

Veirs Mill Rd. to Rt. 28 east (Norbeck Rd./First St.). Turn right at first traffic light onto Baltimore Rd. Follow Baltimore Rd. past Civic Center. Turn right onto Gladstone Dr. Follow Gladstone to park on left.

**City Hall**, 111 Maryland Ave. Call directions line, 240-314-5048

**Civic Ctr. Pk.**, 603 Edmonston Dr. Call directions line at 240-314-5004 for:

- F. Scott Fitzgerald Theatre • Social Hall
- Croydon Creek Nature Center
- Climbing Gym • Mansion • Cottage • Rec. Serv. Bldg.

**College Gardens E.S.**, 1700 Yale Pl.

Rt. 355 north to left onto College Pkwy to right onto Yale Place to school on left.

**College Gardens Pk.**, 615 College Pkwy.

Rt. 355 north to left onto College Pkwy. Park is located 1/2 ahead on right.

**Croydon Creek Nature Center**, 852 Avery Rd (In the Rockville Civic Center Park) Rt. 28 East (Norbeck Rd) to right on Baltimore Rd. Turn left on Avery Rd, just past Edmonston Dr, follow this to the parking lot.

**David Scull Pk.**, 1131 First St.

Veirs Mill Rd. to Rt. 28 east (Norbeck Rd./First St.). Follow Rt. 28 east, turn left onto Gude Dr. and go approx. 1/4 mile. Turn left onto Taft St. Park is on right.

**Dogwood Pk.**, 800 Monroe St.

From I-270, take Rt. 28 (W. Montgomery Ave.) which becomes Jefferson St. to Monroe St. Turn right on Monroe St. which leads directly to park.

**Elwood Smith Recreation Ctr. & Pk.**, 601 Harrington

Rd. at Mercer (Behind Richard Montgomery H.S.) Take Rt. 28 east/Jefferson St., turn right onto Monroe St., left onto Mt. Vernon Pl. Turn right onto Mercer Rd. Ballfield is on right in the park.

**Fallsmead E.S.**, 1800 Greenplace Ter.

Falls Rd. south to right onto Wootton Pkwy. to right onto Greenplace Ter. to school on right.

**Glenora Pk.**, Dundee Rd.

Take Great Falls Rd. toward Potomac. Turn right onto Wootton Pkwy. Continue on Wootton Pkwy. to Dundee Rd. Park is at corner of Wootton Pkwy. and Dundee Rd.

**Hillcrest Pk.**, 1150 Crawford Dr.

Viers Mill to left on Edmonston Dr., turn left on Crawford Dr.

**Julius West M.S.**, 651 Falls Rd.

South on Maryland Ave. Turn right onto Falls Rd. School on left.

**Kicks Karate**, 800 Pleasant Dr., Suite #140

Rt. 355 north to left on Redland Blvd. Deadends into Pleasant Dr.

**King Farm Community Room**, 800 Pleasant Dr, Suite #200

Rt. 355 north to left on Redland Blvd. Deadends into Pleasant Dr.

**King Farm Park**, 401 Watkins Pond Blvd.

(at Grand Champion Dr.) Rt. 355 North. Left on Watkins Pond Blvd. Third right on Grand Champion Dr.

**Lakewood E.S.**, 2534 Lindley Ter.

Falls Rd. south to right onto Wootton Pkwy. to left onto Lindley Ter. to school on right.

**Lincoln Pk. Comm. Ctr.**, 357 Frederick Ave.

Rt. 355 north to right on Middle La. Left onto Stonestreet Ave. to right onto Frederick Ave. to Center on right.

**Lone Oak Pk.**, Grandin Ave. at Woodburn

Veirs Mill Rd. to left onto Edmonston Dr., left onto Grandin Ave. Turn right onto Woodburn Rd. Park is behind school.

**Mark Twain School Athletic Park**, 14501 Avery Rd. Viers Mill Rd. east to left onto Rt. 28 east (First St.). Continue on Rt. 28 east past two traffic lights to left on Avery Rd. First right into entrance of M. Twain School. Ball fields are on the left.

**Maryvale E.S. & Pk.**, 1000 First St. & 812 First St. Veirs Mill Rd. to Rt. 28 east (Norbeck Rd./First St.). Follow through first traffic light at Baltimore Rd. and move immediately into left hand lane. Turn left onto First St. and follow approximately 1/2 mile to school on left. Field is behind school.

**Mattie J.T. Stepanek Park**, (& Dog Park), Pleasant Dr. & Piccard Dr. Rt. 355 North. Left on King Farm Blvd. Fourth right on Pleasant Dr.

**Meadow Hall E.S.**, 951 Twinbrook Pkwy. Viers Mill Rd. east to left onto Meadow Hall Road. Left on Twinbrook Pkwy. to school on right.

**Montrose Community Ctr. & Pk.**, 451 Congressional La. Rt. 355 south to right onto Congressional La. to park and Center on right.

**Monument Pk.**, 550 Maryland Ave. Rt. 355 north toward Rockville, bear left onto Rt. 28/E. Jefferson St. Turn left onto Maryland Ave. Park is at corner of Maryland Ave. and Monument St.

**Musical Theatre Center**, 837-D Rockville Pike Rt. 355 south. Located in Wintergreen Plaza, 2<sup>nd</sup> Floor

**Potomac Woods Pk.**, 2276 Dunster Rd. From I-270, take Falls Rd. South. Left on Dunster Rd. to first intersection and take left onto Stratton Dr. Stratton Dr. will take you directly to park.

**RedGate Municipal Golf Course**, 14500 Avery Rd. Viers Mill Rd. east to left onto Rt. 28 east (First St.). Continue on Rt. 28 east past two traffic lights to left on Avery Rd. Golf course is on left.

**Richard Montgomery H.S.**, 250 Richard Montgomery Dr. Rt. 355 south to right on Richard Montgomery Dr. School is directly ahead.

**Ritchie Park E.S.**, 1514 Dunster Rd. Falls Rd. south to left onto Dunster Rd. to school on left.

**Robert Frost M.S.**, 9201 Scott Dr. West on Rt. 28 (W. Montgomery Ave.) to left onto Glen Mill Rd. to left onto Viers Dr. and straight into Scott Dr. to school on left.

**Rockcrest Ballet Ctr. & Pk.**, 1331 Broadwood Dr. Veirs Mill Rd. to left on Broadwood Dr. Center on left.

**Rock Terrace School**, 390 Martins La. Rt. 355 north to left onto Mannakee St. School located on left at corner of Martins La. and Mannakee St.

**Rockville Skate Park at Welsh Park See Swim Center directions. Skate Park is behind Swim Center.**

**Rockville Fencing Academy**, 50 Southlawn Ct. Rt. 28 east to left on E. Gude Dr., Right on Southlawn Ln. Right on Southlawn Ct.

**Senior Ctr.**, 1150 Carnation Dr. Directions line 240-314-5019.

**Swim Ctr.**, 355 Martins La. Rt. 28 west (W. Montgomery Ave.) toward I-270. Turn right onto Mannakee St. Turn right on Martins La. Entrance on right.

**The Little Gym**, 1071 Seven Locks Rd. Great Falls Rd. south to left on Wooton Pkwy. Right on Seven Locks Rd. Located in Potomac Woods Plaza

**Twinbrook E.S.**, 5700 Ridgway Ave. Veirs Mill Rd east to right on Atlantic Ave. to right onto Wainwright Ave. to right on Ridgway. School is on right.

**Twinbrook Community Rec. Ctr. & Park**, 12920 Twinbrook Pkwy. Veirs Mill Rd. toward Wheaton. Turn right onto Twinbrook Pkwy. Continue on Twinbrook Pkwy. to park on right.

**Welsh Pk.**, Martins La. at Mannakee St. Rt. 28 west (W. Montgomery Ave.) toward I-270. Turn right onto Mannakee St. Follow for 1/2 mile; park on right.

**Woodley Gardens Pk.**, 900 Nelson St. Rt. 28 West (W. Montgomery Ave.) toward I-270. Turn right onto Nelson St. at traffic light (before I-270 overpass) go 1/2 mile; park is on right.

**World Karate Masters**, 4935 Wyaconda Rd. Rt. 355 south to left on Randolph Rd. Right on Pparklawn Dr., Left on Boiling Brook Pkwy, Right on Schuylkill Rd., Right on Wyaconda Rd.

**Xtreme Acro and Cheer**, 20 E. Southlawn Ct. Rt. 28 east to left on E. Gude. Right on Southlawn Ln. Right on Southlawn Ct.



# Financial Assistance

## Rockville Recreation Fund - Financial Assistance

Financial assistance for program fees is available for residents of the City of Rockville. The participant must pay \$10 to access the Recreation Fund. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (Fall, Winter, Spring, Summer). Any remaining balance of the program fee must be paid by the participant. **Financial assistance must be applied for at the time of registration.**

## Low & Moderate Income Family Financial Assistance

Financial assistance for families and individuals is available for residents of the City of Rockville. The fund will subsidize the resident rate for children and adult participation with certain limitations. A participant must pay a portion of the registration fee, based on their income level. Assistance must be applied for at the time of registration. The fund will cover the balance of the fee for one activity, per session:

- \$100 maximum per person for low-income eligibility
- \$60 per person for moderate-income eligibility

## Financial Assistance Verification:

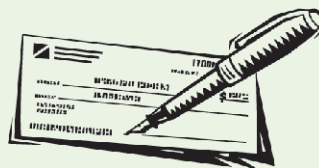
Participants must submit verification of any of the following:

- Copy of Medicaid card
- Proof participant is cared for in certified Foster home
- Copy of "Action Taken Notice" if eligible for Free or Reduced Lunch Program
- Copy of WIC card

## Adults applying for financial assistance must provide the following:

- Copy of most current federal income tax return (1040 or 1099)

## Give a "Gift of Fun & Joy"



*The Recreation Fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities. Be assured that 100% of the funds collected are awarded in assistance. The fund is partially supported by the Rockville Rotary Club.*

## To contribute:

- "Add Up" on your registration form. Round off your payment to next easy denomination, and enter this additional amount on Recreation Fund Donation line.
- Send a check, made payable to the Rockville Recreation Fund and mail to Rockville Department of Recreation and Parks, III Maryland Avenue, Rockville, MD 20850.
- Visit our website [www.rockvillemd.gov](http://www.rockvillemd.gov). Click on the Rock Enroll logo and follow directions for "Online Recreation Fund Donations."

## Thank You!!

We would like to thank all the families who have made contributions or "Added Up" to their Summer program fees in support of the Recreation Fund. Your generosity is very much appreciated.

## Special Thank You to:

E. Dutt-Andrews	S. O'Connor
T. Moore	The Pierians Inc.
C. Carter	The Avalon School Parents
L. Ricks	Assoc.
A. Thompson	SponsorSource

## CITY OF ROCKVILLE REGISTRATION FORM - FALL 2007

## FAMILY INFORMATION:

Home Phone # \_\_\_\_\_

## MAIN CONTACT:

(last) \_\_\_\_\_ (first) \_\_\_\_\_ DOB: / / Sex: M/F

Family Address: \_\_\_\_\_  
(street) (apt.#) (city & state) (zip)

E-mail Address: \_\_\_\_\_ Business Phone # \_\_\_\_\_

## SECOND CONTACT:

(last) \_\_\_\_\_ (first) \_\_\_\_\_ DOB: / / Sex: M/F

Address: \_\_\_\_\_  
(street) (apt.#) (city & state) (zip)

Home Phone # \_\_\_\_\_ Business Phone # \_\_\_\_\_

## EMERGENCY CONTACT: (other than parent or adult participant)

(first) \_\_\_\_\_ (last) \_\_\_\_\_ Phone \_\_\_\_\_

## FIRST REGISTRANT:

(last) \_\_\_\_\_ (first) \_\_\_\_\_ DOB: / / Sex: M/F

School Attending (if applicable) \_\_\_\_\_ Grade \_\_\_\_\_ (2007-08)

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_ Fee \$ \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_ Fee \$ \_\_\_\_\_

## SECOND REGISTRANT:

(last) \_\_\_\_\_ (first) \_\_\_\_\_ DOB: / / Sex: M/F

School Attending (if applicable) \_\_\_\_\_ Grade \_\_\_\_\_ (2007-08)

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_ Fee \$ \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_ Fee \$ \_\_\_\_\_

## METHOD OF PAYMENT:

Subtotal \$ \_\_\_\_\_

Coupon/Gift Certificate \$ \_\_\_\_\_

Discount: \_\_\_\_\_ Rec. Fund \_\_\_\_\_ Sr. Ctr. Mem. \_\_\_\_\_ Multi-Course \$ \_\_\_\_\_

Additional Rec. Fund Add-up donation \$ \_\_\_\_\_

TOTAL AMOUNT \$ \_\_\_\_\_

\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Check # \_\_\_\_\_ (payable to "City of Rockville")

Credit Card# \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

Fax to: 240-314-8659

Office Use Only: Circle mail in - walk in - fax - drop off check \_\_\_\_\_ cash \_\_\_\_\_ charge \_\_\_\_\_ Other \_\_\_\_\_

Processed by: \_\_\_\_\_ Date Processed: \_\_\_\_\_ Total Paid: \$ \_\_\_\_\_

# Registration Info.

## Registration Begins:

- Resident/Member Mail, Fax, Walk-in, Phone, Internet:  
**Tuesday, August 14, 8:30 am**
- Nonresident/Nonmember Mail, Fax, Walk-in, Phone, Internet,  
**Tuesday, August 28, 8:30 am**

## Registration Deadlines:

- Please note the registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- A program will be cancelled if registration is insufficient. If a program is cancelled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available in the activity.

## Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Please make sure the registration form and payment are complete and correct, and be sure to include the course number(s) on your check. Note: \$25 returned check charge.
- Visa and Master Card also are accepted for payment.

## Credits and Refunds:

- Credits to the family account will be made automatically should staff cancel a course.
- Requests for a refund/credit must be in writing, only will be issued for medical reasons and must be accompanied by a letter from your doctor. Refunds will be subject to the following administrative fees: Classes: \$10; Childcare: \$50; Senior Programs: \$10; Sports Leagues: \$100; Trips: \$10. No fee will be charged if family account is credited or if transferred to another program. Refunds will be prorated if program has started. Only credits will be given for registrations under \$20 (exception: Senior programs).

## Transfers:

- Requests are subject to availability. All requests must be in writing. Registrations cannot be transferred from one registrant to another due to waiting lists. A \$25 fee will be assessed for child care programs.

## Discounts:

- Multiple class discounts may not be combined. Only one discount will be applied per person/per registration (select multiple class discount or Senior discount).

## Facilities:

- Program locations may be changed due to MCPS facility availability.

## Weather/Emergency Closings:

- When Montgomery County Public Schools (MCPS) close for the day due to a weather/emergency, all Rockville Department of Recreation and Parks programs are cancelled.
- If it rains, most outdoor classes will be cancelled.
- If schools are closed or dismissed early, after-school classes will not be held.
- Please refer to page 3 for weather emergency telephone numbers
- Check with your instructor about scheduling make-up dates for any cancelled sessions.

## Recreation Fund:

- Financial assistance is available to City residents. Refer to page 69 or call 240-314-8620 for more information.

## Satisfaction Guarantee:

- The Department is committed to providing quality programs and facilities. If you are unhappy with our services, we want to know! We will suggest another program for you to try, or if you prefer, we will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

When registering for a City of Rockville activity, the participant assumes all risks associated with participation in the program, and hereby releases and holds harmless and indemnifies the Mayor and Council of Rockville, and all of its agents, officers and employees, from any claims for injuries or losses to participant or other persons or property. The City assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the City encourages each participant to consult his/her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the City's use of any photographs taken or videotapes made of the program. If participant is a minor, the parent/guardian approves the minor's participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled programs.

## Five Easy Ways to Register!

 - Most convenient method. Available 24 hours a day, 7 days a week.

**1. Online:** Go to [www.rockvillemd.gov](http://www.rockvillemd.gov) and click on 

**2. Telephone:** 301-762-4284

**3. Fax to:**

- Rockville City Hall - 240-314-8659
- Rockville Municipal Swim Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Comm. Center - 240-314-8789
- Twinbrook Comm. Rec. Ctr. - 240-314-8839

**4. Mail To:**

- Rockville City Hall, Dept. of Rec. & Parks., 111 Maryland Ave., Rockville, MD 20850
- Rockville Municipal Swim Center, 355 Martins La., Rockville, MD 20850
- Rockville Senior Center, 1150 Carnation Dr., Rockville, MD 20850
- Croydon Creek Nature Center - 852 Avery Road, Rockville MD 20851
- Lincoln Park Comm. Center - 357 Frederick Ave., Rockville MD 20850
- Twinbrook Comm. Rec. Ctr. - 12920 Twinbrook Parkway, Rockville MD 20851

**5. Walk-In:**

- City Hall, Swim Center, Senior Center, TCRC, LPCC & Croydon Creek Nature Center. Monday through Friday, 8:30 a.m. - 4:30 p.m.





# *Fall Events*

*"Un-Corked" Rockville Wine Festival*

**Sunday, September 2**

Rockville Town Center

*Rockville Music Festival and  
Hard Times Chili Cook-Off*

**Saturday, September 29**

Rockville Town Center

*Rockville Antique and Classic Car Show*

**Saturday, October 20**

Rockville Civic Center Park

*Haunted Happenings Drive-In Movie*

**Friday, October 26**

Rockville Civic Center Park

*Rockville Farmers' Market*

**Saturdays thru October 27**

Corner of Rt. 28 and Monroe St.

*Fall Fest Community Health Fair*

**Saturday, November 3**

Twinbrook Community Recreation Center

For further information, call 240-314-8620  
or visit our web site at [www.rockvillemd.gov/events](http://www.rockvillemd.gov/events)

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